

# RAMSEY & WARBOYS REPORTER

ISSUE 2 • AUGUST 2015

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NEWS SERVING  
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We are particularly delighted to celebrate the success of our friends over at The Ramsey Neighbourhood News, who recently won the best photograph award at The Community Magazine Awards, held on 16th July at Cambridge Rugby Club.

The awards, which are run by Cambridge Building Society in conjunction with The Cambridge News celebrate the diverse range of local interest magazines available for the region's communities. They are judged by a panel who review dozens of entries from magazines published throughout the previous year, taking into account editorial quality, community content and overall presentation, plus the publication's usefulness to the community it serves.

Carol Aston, editor of Ramsey Neighbourhood News, told us that the publication was especially surprised to win the prize for best photograph, given the hundreds of photos published in community magazines throughout the last year. The wildlife photograph of a swimming otter, was taken by Matt Lodge at the Great Fen and Carol and her team have decided to share their prize with them. As well as their prize money and trophy, Ramsey Neighbourhood



## RAMSEY NEIGHBOURHOOD NEWS SCOOPS AWARD!

News received a winner's logo for use in their publication.

Ramsey Neighbourhood News which is written, designed and delivered by volunteers also paid tribute to the many local organisations and businesses who have supported them in the

development of the magazine from a single sheet newsletter six years ago, and recorded particular thanks to Ramsey printing firm, Parrot Print Ltd, whose high quality print no doubt contributed towards their award.

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### DIRECTORS

**Maurice Kendrick**

mauricekendrick@ramseyandwarboysreporter.co.uk

**Jaye Wood**

jayewood@ramseyandwarboysreporter.co.uk

### POLITICAL EDITOR

**Adam Roberts**

mail@ramseyandwarboysreporter.co.uk

### YOUTH EDITOR

**Kira Collins**

mail@ramseyandwarboysreporter.co.uk

### GRAPHIC DESIGN & PRODUCTION

**Ken Sims**

### PHOTOGRAPHY

**Pete Thompson and Victoria Thirtle**

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If you have a story or if you know of an event which may be of local interest please let us know; we can publish it in your newspaper,  
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# CIC STATUS

We are delighted to announce that, following the approval of the CIC Regulator, the Ramsey and Warboys Reporter is now a Community Interest Company or CIC, limited by shares.

CICs were developed in 2005 to address the lack of a legal vehicle for non-charitable social enterprises across the UK. A CIC has to carry out activities which fulfil a community purpose, and meet a "community test". To this end, the Reporter will continue to link the outlying rural village communities surrounding Ramsey by delivering our free publication, promoting news and local events and offering competitive advertising services to local businesses.

As a not for profit social enterprise, any surplus generated will be fed back into the newspaper to develop it for the benefit of the communities it serves. To this end, we have already increased the pagination of the newspaper from 32 to 40 pages to include more editorial and provide more space for community news items. We are also aiming to extend our geographical distribution to link further outlying villages, as well as offering our local advertisers the opportunity to promote their businesses further afield. Finally, our CIC status, in protecting the newspaper's social purpose, will enable us to attract the kind of grant-funding traditionally restricted to charities, all of which should ensure that your local newspaper continues to serve local communities for years to come.



# MERESIDE DEFIBRILLATOR FUNDRAISER

A cardiac arrest is a situation we all hope we never have to encounter, but if it did, a defibrillator might just make a difference. As a rural community, every minute counts and Ramsey Mereside is a prime example of a rural area that should have a defibrillator. Although there are grants that support communities in obtaining such equipment, the village will still need to raise around £2,500 and are hoping to have the device installed by Christmas at the village hall. A door to door collection in the village has

already raised a fantastic £1,245 towards their target and the village are holding a family fun day with walking treasure hunt (£2 per family) and a car boot sale (£5 per car) at the village hall on Sunday 23rd August.

A raffle, side stalls, fitness activities, races, BBQ and magical storytelling, complete with licensed bar should make for a fun-filled afternoon for all the family.

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## COMMUNITY NEWS

### COMMUNITY COME TOGETHER TO MAKE FAYRE A HUGE SUCCESS

Following the publication of our first issue in July 2015, we were contacted by **Lisa Milner**, Chair of Upwood Small to Tall, who are a charity run pre-school, breakfast club and after school club. Although this event took place few months earlier, they were eager to publicly register their thanks to their local community, businesses and Barclays Bank for helping to make their Easter fayre a huge success.

**Lisa writes:** This year's Upwood Small to Tall Easter Fayre was a huge success and this is all thanks to the local community coming together to support us. The raffle this year was the talk of the village with prizes from the majority of the local restaurants, businesses, giant cookies from Millies Cookies, beautiful handmade clothes from a talented parent and many, many more.

It was wonderful to see the level of support given to us from the local community and lots of the parents. The children are always so excited to take part in the setting up and running of the different stalls, so it is lovely to be able to show them what community spirit really means.

Not only did we raise a record amount this year we were also delighted to hear that Barclays Bank were to match the amount raised. The children and staff at Upwood Small to Tall were presented this by Tracy Driscoll who not only represents Barclays Bank but is a parent at this setting.

**Manager, Angie Dean** says, "The fantastic amount raised at our Easter Fayre reflects the hard work of our Committee and the generous support of our families and friends in the community. It is this caring community spirit that makes Upwood Small to Tall a very special place!"



Upwood Small to Tall would like to say a huge thank you to everyone who supported us this year and look forward to another great Fayre in 2016!!



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# RAMSEY JUNIOR SCHOOL REVIEWS BENGAL

This term, the year 4 children from Ramsey Junior School have been learning all about their local area, Ramsey. As part of this topic, the children have produced some excellent and professional leaflets, all about Ramsey, including a restaurant review! The Bengal in Ramsey were happy to step in and provide a wonderful meal for every child. Year 4 had a fabulous afternoon, sampling the

food provided. The children were inspired to write some entertaining and positive reviews for their leaflets.

As I giggled with my friends towards the door, I felt a sudden pinch of nerves but the delicious, scrumptious aromas took over me. Also the friendly, attentive staff gave me and my class a warm welcome and showed us to our tables. When I took my seat, I sunk into my chair. The lights were pleasantly mood lit and the table was beautifully, tidily set with elegant colourful flowers. There were also fluffy, soft napkins folded into triangles. They sat on the purple tablecloth covered table.

By Millie Grange

I went to the best restaurant called The Bengal that gave us mouth-watering Indian food. I went in with my friend and we were amazed by the lighting. We sat on the chairs that felt like a sheep, they felt so soft. We sampled some popadoms. I felt tingles in my mouth. The staff gave us food, they were very friendly. We loved it so much; we wanted to come again and again, with our families.

By Harvey Taylor-Riseley

The Bengal is a delightful Indian restaurant in between Milkshake Junction and The Angel, on the High Street, in the little town of Ramsey. For the starters, we tried their delicious papadoms but there is so much more, on the menu. One of the mains we had were onion bhajis and Chicken Tikka Birayani. There are lots of delicious drinks, including alcoholic and soft drinks. The staff were as delightful as ever.

If Indian food isn't your favourite there are a selection of delicious English choices. There are also some really soft chairs that feel like your beds plus the lighting was like you were in a sparkly disco. As my friends were chatting away with me, I could hear the smooth music in the background. One of my friends said, 'I love the rice and onion bhajis so much that I went back for thirds!' I recommend going there because all the food is delicious and the staff are delightful. There are so many great things about them, that I can't list them all. So, I say 5 stars!!

By Davis King

I walked into the restaurant and I was so overwhelmed and amazed that I walked straight into the door!! I was guided to my table which had eye-catching vases with pink, pretty flowers.

The service was friendly, fast and quiet. They announced what we would be having. We had papadoms, onion bhaji and chicken tikka birayani and rice. As the food came rushing out of the kitchen, I looked away because I was so nervous. I looked back again and there was the plate of food sitting in front of me. I was scared. I closed my eyes and took a mouthful. I was astounded, the food was so sensational. My taste-buds were flourishing with flavour. I asked my partner if the food was good and he had some amazing comments. He said it was the best food he had ever eaten and in the end, he had four portions!!

Rating 10/10

By Laura Norfield

## The Bengal

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# HIGH SCHOOL EXCHANGE YEAR SCHEME SEEKS HOST FAMILIES

For the last ten years, Pidley resident, Emma Armstrong has been the local area's volunteer exchange coordinator for Education First, an organisation which has been connecting international students with caring host families around the world since 1979.

Emma's role is to actively seek caring, welcoming families and community members interested in hosting and mentoring a 16-18 year old exchange student for an academic year and then match students from the programme to them. She also liaises with local schools to find suitable courses and educational placements for the students. The rewards for the host family are limitless – they learn about another culture, form a friendship that lasts forever, and help fulfil the lifelong dream of a teenager from across the world.

The students who Emma places are mainly from European countries – Italy, The Netherlands, Scandinavia, Switzerland, Germany and Slovakia and before arriving they undergo a vigorous selection process, interviewed away from their families to assess their maturity, educational and linguistic ability, emotional stability and full medical history. The successful students – only one in every thirteen applicants – are typically hardworking A grade students, who are excited to fulfil their dream of participating in this high profile exchange programme, and all sign a behaviour contract.

Emma remarked on the huge difference the year's programme makes to them: "they



arrive on August 29th in Huntingdon Bus Station looking absolutely terrified, and come the following June they're in floods of tears, not wanting to leave". Olga, one of Emma's exchange students from Finland sums it up in a thank you letter which reads, "We've created so many awesome memories that we're going to carry with us for a lifetime".

## LIFE CHANGING

And it's not just the students whose lives are transformed by the experience. Emma explained how she had initially applied to the programme, because, having an

autistic son, Aidan, who can be behaviourally challenging, she felt that hosting an exchange student would enable her daughter Kayleigh to experience a more conventional sibling-style relationship. The impact on Kayleigh's confidence following her daily interaction with committed, hardworking exchange students has been marked. The local Rotary club were amazed at her public speaking skills, following her recent presentation about the exchange scheme. As well as bringing a cultural diversity which the area doesn't have, the friendships made with exchange students are life-long and Emma herself has travelled

extensively in Europe, meeting up with former students, some of whom have returned to visit for family celebrations.

## ALL TYPES OF FAMILIES

It's not just your average 2.4 children families that Emma is looking for. Hosts are recruited from every stage of family life, including single people and retired folk who are committed to being part of a new cultural experience and who are able to provide a safe, comfortable and warm secure environment for an exchange student. Education First bear responsibility for guardianship issues and insurance and hosts have no financial responsibility for students, neither are they expected to arrange activities. Host families are paid just over £200 per month to cover the costs of feeding an extra mouth at breakfast and dinner. Emma explained that the remuneration is relatively low to discourage those who are simply looking for a more commercial means of letting out a spare room. Education First also takes safeguarding issues seriously and, though not a legal requirement, prospective host families undergo a DBS check due to the potential vulnerability of the students. If you're interested in learning more about hosting an international exchange student, Emma would be delighted to hear from you.

Emma can be contacted by telephone: 07879 438869 or via email: [armstrong.emmaj@googlemail.com](mailto:armstrong.emmaj@googlemail.com)








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## LOCAL PEOPLE LOCAL TALENT

With a panel of local celebrity judges and a top cash prize of £200 on offer, coupled with a pantomime role in next year's production of Cinderella, Ramsey Has Talent is all set to be the town's biggest showcase of local talent. In a similar format to a certain popular talent show, a stage of local acts will all compete to win the title at Ramsey 1940s Camp, Wood Lane, Ramsey. In addition to the generous first prize, second and third prizes of £100 and £50 are also there to be won.

Entrants must be 11 years or older on 2nd September and auditions will be held on 2nd, 3rd, & 4th September with the grand final taking place on Saturday 5th September.

The show's Creative Director, Adam Allinson remarked how Ramsey Stage Company's first production, Aladdin, demonstrated the extent of the demand for a form of theatrical outlet in the local area and he believes that Ramsey Has Talent will demonstrate just how many gifted performers there are in the community.

Do you have what it takes? Then why not discover more information and apply online at [www.ramseystagecompany.co.uk](http://www.ramseystagecompany.co.uk)

DATE	ACTIVITY	5-7 YEARS	8-10 YEARS
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Wed 5th August	Farm to Fork - behind the scenes at Tesco!	10-11:55am	1:30-3:30PM
Thu 6th August	Be in our band - Percussion Music!	10-11:55am	1:30-3:30PM
Fri 7th August	Awesome Graffiti!	10-11:55am	1:30-3:30PM
"Bring on Summer Holidays!"			
Mon 10th August	Street Dance with Urban Dance Academy!	10-11:55am	1:30-3:30PM
Tue 11th August	Be Your Hero/Heroine - Fancy Dress and Face Painting!	10-11:55am	1:30-3:30PM
Wed 12th August	Team Games - Sports Challenge!	10-11:55am	1:30-3:30PM
Thu 13th August	Animal Fun with Lion Learners!	10-11:55am	1:30-3:30PM
Fri 14th August	BeWilderwood Day Trip	8am	6pm

Sports, arts and crafts are available as alternative activities every day.

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# GLORIOUS SUNSHINE FOR A MOUNTAIN RESCUE IN PIDLEY!!!



"But there aren't any mountains in Pidley!" we hear you say and you'd be right of course. This picturesque village is located on the edge of the Fens in Huntingdonshire and is at its highest only 88 feet above sea level, so why is it home to a mountain rescue team? It's a misnomer of course, but the name has proven an astute choice, causing many people to probe further as they wonder what exactly the Mountain Rescue Team actually does, when it's located in such a flat climate.

Pidley Mountain Rescue Team was originally founded over 30 years ago; its name was created when a local villager's car broke down on the slope leading to the village and a

bunch of charitable rescuers pushed the car up the 'mountain' to its home. The name was subsequently adopted by the charity, which was revived in 1999 to help disabled and disadvantaged people living in the old county of Huntingdonshire to lead mobile and independent lives. Since then, the Team have made well over 150 'rescues', by providing specialist equipment such as wheelchairs, electric scooters, specialised trikes, paediatric buggies, adaptive computer software and hardware and sensory equipment, all designed for disabled children and adults to develop and progress their personal mobility and improve their daily lives. It raises £15,000 annually, averaging 12-15 rescues each year.



## FUNDRAISING OPEN DAY

Most of the charity's income comes in the form of sponsorship and donations from local companies, organisations and sports clubs as well as individual and community donations. This is supplemented by the charity's own fund-raising activities, which this year included their Drop In event, held in glorious sunshine on Saturday 11th July at Pidley Village Social Club to coincide with Pidley Village Fun Day.

With a BBQ, classic car show, bouncy castles and coconut shy, free teas and coffees, along with a wide selection of stall holders inside the hall itself, the day was a great success in raising awareness of the charity, who were on hand to talk about their rescue work to date as well as promote future events. The Summer Raffle, drawn on the day raised a total of £247.00 for the charity.



## Freefalling Teddybears

Pidley Mountain Rescue's next big event is the annual Pidley International Teddy Bear Freefall Competition, which takes place at Rookery Farm, Pidley on Saturday 5th September.

There will be plenty of additional family entertainment and activities whilst the crowd wait for the teddy bears to make their jump and see which intrepid bear lands closest to the honeypot. There will be a chance to meet Pidley Ted and his team of stretcher-bearer brownies, food, drink and cakes, and you are encouraged to bring your own teddy bears and take part in the Best Dressed Teddy Bear competition. With free entry and plenty of car-parking spaces, this proves to be a fun day out for all the family, as well as an opportunity to raise money for the charity.

Last year this annual event had its highest turn-out ever with over 500 people attending and raising in excess of £4,500 – it would be wonderful if they could top that this September. Why not come along and show your support, or become a life member for £10.



For further information, visit [www.pidleymountainrescue.org.uk](http://www.pidleymountainrescue.org.uk)

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# RAMSEY ROTARY NEWS



## Chernobyl Children spend time with Ramsey Rotary

A catastrophic nuclear accident occurred on 26 April 1986 at the Chernobyl Nuclear Power Plant in Ukraine. During the accident itself, 31 people died, and long-term effects such as cancers are still being investigated.

The Chernobyl Children's Life Line looks after children who are ill, organising respite breaks to Great Britain to give them a chance to live in a "clean" environment and eat uncontaminated foods for a month. Some 43,000 children from Belarus have visited Britain since 1992. During their stay all of the children receive medical attention such as dental care and having their eyes tested.

Twelve children from Belarus on a months holiday in Cambridgeshire were entertained on the

putting green at Lakeside Lodge, Pidley by the Ramsey Rotary. The group were then taken sailing on Grafham Water by the charity Grafham Water Sailability, who enable people with many types of disability to enjoy the thrill of sailing.

This year new child size buoyancy aids were used, having been funded by Rotary, to ensure improved comfort for the children since adult aids and waterproofs used in previous years were too cumbersome.

After having a picnic lunch at the water centre every child had an opportunity to sail in a catamaran, a lugger or ride in a motor boat or both.

In another outing the children were taken kayaking at Packers, a club for Canoeists and Kayakers based in Peterborough.



Left to right – Outgoing President Brian King, Incoming President Jeremy Hyde, President Elect Chris Wicks, President Nominee Mark Pettitt

## Hand Over – New Rotary Club President

Ramsey Rotary Club President Jeremy Hyde took over from Brian King at a hog roast on a warm sunny evening at the Ramsey Rural Museum.

Attended by 65 fellow Rotarians, family and friends the outgoing President Rtn Brian King performed his last official Presidential duties. The first was to induct two new members, Maggie and David Furniss, into

Rotary. The second was to present Rtn Ian Walker with The Paul Harris Foundation Award, named after the founder of Rotary, Paul Harris. This was in recognition of Ian's many years of dedication to youth, especially the Rotary Youth Exchange Programme. This was followed by the official handover ceremony to Jeremy Hyde

## Ramsey Rotary Club's 46th Charter Anniversary

Ramsey Rotary Club's 46th Charter Anniversary dinner was held at Ramsey Golf Club on 3rd July. The theme this year was "Be Prepared for the Family of Rotary". Attended by 72 fellow Rotarians and guests, speaker of the evening was Matt Hyde, Chief Executive of The Scout Association and brother to Rotary President Jeremy Hyde. Joining as Chief Executive in April 2013 Matt previously held the position of Chief Executive of the National Union of Students. A Ramsey boy he was educated in the town, joined 1st Ramsey Scouts as a Cub but unlike his twin brothers, Jeremy and Chris, did not achieve Queens Scout status preferring to immerse himself in study. In his role as Chief Executive world travel is a necessity and he will be attending the 23rd World Scout Jamboree in Kirara-hama, Japan this summer.

Matt spoke about his working relationship with Chief Scout Bear Grylls and his friendship and generosity. Never knowing what next to expect from Bear, Matt had let slip that in earlier years he had tried to master the euphonium only to find Bear had bought one as a present and left it in his office.

On the serious side Matt spoke about his role within the Scout Association and tasks ahead like trying to find new leaders to accommodate the 40,000 youngsters on waiting lists.

The event was supported by District Governor Geoff Blurton and his wife Heather together with Presidents from other local Rotary Clubs and Districts Governors.



## Fun Run Medal and Trophy Presentations

Ramsey Spinning Infants Fun Run Medal and Trophy presentation by Rtn Brian Mathson and Chris Randall took place on Monday 6th July. They collected a cheque for £708.48 to spend at the school. The school Children's Council along with the children entering the Fun Run will decide how to spend the money.

Nathan Halls pictured with Rtn. Chris Randall received the Trophy for the most sponsorship for a boy under 8 years of age £115.00 Ramsey Pre-School From Left to Right - Lexi Dubois, Marrianna Legan, Laila Ellington Lexi collect the most sponsorship for Under 8 Years (girls) and received a trophy. Total collected for their charity £163.80

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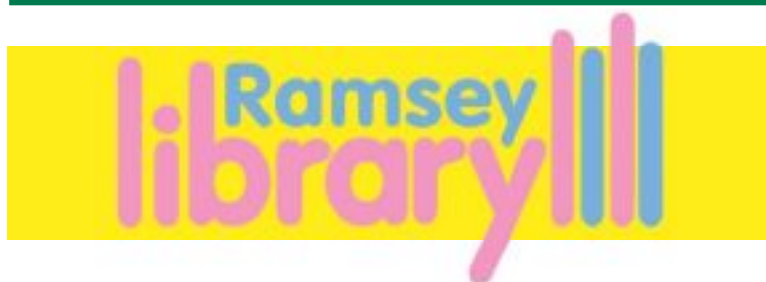
## COMMUNITY NEWS DESK

Many of you missed out on a back flipping author of teenage fantasy books. Marcus Alexander rode into Ramsey on his motorbike to entertain and inform and did both. He's an unusual author with a love of extreme sports and travel and a great sense of humour. He's also very committed to reading and to choosing one's role models with care. Marcus's message was enjoy your sports, enjoy your computer games and READ something every day that interests you. Try his books, The Keeper of the Realms series during the summer holidays or find a book on pollution, conservation, the environment. Just read, read, read!

Coming soon, visit by local author Peter Murphy September 17th, Ram Jam Book Festival 17th October and Early Years Ram Jam 10th - 17th October, more about these next month.



Henry meets Marcus



Have you signed up for the **Summer Reading Challenge** yet? If not you still have time. What is it? The Summer Reading Challenge is a fabulous scheme, aimed at children aged 4 to 11 years. It inspires children to read in the long summer break, encourages them to discover new authors and establishes a regular habit of visiting the local library and reading for pleasure. The object of the challenge is to read at least 6 books of their choice during the summer holidays, collecting stickers along the way. Children can visit Ramsey Library on Tuesdays, Thursdays, Fridays and Saturdays between 10am and 12 noon from 25th July to 4th September to talk to staff and volunteers about the books they have read and collect their stickers. In September there will be a medal ceremony for those completing the challenge. This year's theme is "Record Breakers". It's fun, it's free, it's easy to do.

### Your "Library at Home Service"

Cambridgeshire Libraries offer a home delivery service for people who can no longer use the library because of mobility problems, ill health, or because they have full time (unpaid) caring duties. Previously called the Doorstep Service, it operates in partnership with volunteer Library Visitors to make sure that people who have particular problems in visiting a library do not miss out on a regular supply of books or audio books.

"... a wonderful service - I should be lost without it. I cannot go out alone and this service is of great value to me. Thank you to all concerned." A comment from a reader receiving this service.

For more information contact  
0345 045 5225 or e-mail  
[your.library@cambridgeshire.gov.uk](mailto:your.library@cambridgeshire.gov.uk)  
or ask at any library.

### Arts Alive in Libraries

Teenagers and adults have been getting creative at Ramsey Library. As part of our Arts Alive programme we have run a successful 2 day Manga workshop, which received excellent feedback from those who participated and some beautiful art work was produced. Our Creative Writing workshops, although small, were brimming with ideas and inspiration.

Look out for our next event Beat The Lyrics where 11-16 year olds can take part

in our free 3 day Lyric writing session with professional artist Xidus Pain. Whether it's rap or rock music you enjoy, this workshop will inspire you.

Free tickets available from Ramsey Library.  
Dates Monday 3rd August and Tuesday 4th August 10am -12 noon and 1-3pm (bring your own lunch) Wednesday 5th August 10am -12 noon.



## BENWICK VILLAGE FETE

Saturday 15th August is Benwick Village Fête Day. Held in the School Grounds, the day promises to be fun for all the family with a BBQ, 2 Bouncy Castles (including a 60 ft long Cowboy Assault Course), Coconut Shy, Games, Guess the balloons in a tractor, a raffle for 2 wine and chocolate hampers, candy floss stall and ice cream vans. A

licensed bar and stalls will be available in the main hall with a café and cakes in the church room.

Exhibition stalls in the main hall are £5 each. For further information, please call **Patricia on 07879 056 614 or 01354 677 279.**

Entrance Fee: Adults £2, Children £1 (to include hotdog or beefburger)

## UPWOOD TREASURE HUNT FUNDRAISER

Upwood and the Raveleys Newsletter is a bi-monthly publication which was started by a group of interested parishioners 13 years and 79 editions ago. During that time it has received an annual grant, representing approximately 50% of the overall publication costs, from the parish council, but has had to supplement this amount with fund-raising and donations from other parish organisations, primarily the now defunct village fete. In order to make up this year's shortfall the newsletter committee is organising a family-orientated event in conjunction with the Cross Keys PH on August Bank Holiday Sunday, 30th August.

There will be a walking treasure hunt with

clues to be found at various places around the village. Anyone wishing to participate will need to collect a question sheet from the Cross Keys between 4pm and 5pm on the day. The trail should take about an hour to complete. Question sheets cost £2 per group. Children under 12 years of age must be accompanied by an adult.

After that there will be a barbecue, wine raffle and live music at the Cross Keys. Among artists performing will be Upwood Ukuleles. All proceeds will go to Upwood and the Raveleys Newsletter.

For more information please contact Pauline McLeod, Editorial Team, Upwood & the Raveleys Newsletter: [pndmcleod@btinternet.com](mailto:pndmcleod@btinternet.com) / 01487 814114

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## POLITICAL NEWS



Shailesh Vara, MP for North West Cambridgeshire, has welcomed the news that Cambridgeshire County Council's bid to Government has secured funding of some £49,390 for a series of workshops and the development of a connection voucher scheme targeted at female entrepreneurs and women returning to work.

# MP welcomes online funding bid

The Government Equalities Office has allocated a further £1.1 million to local authority programmes for the improvement of women's digital literacy and this is in addition to the £75,000 awarded to Cambridgeshire in 2014, when the Women and Broadband Challenge Fund was established with £1.1 million of funding.

Broadband Delivery UK is working to provide superfast broadband to 90 per cent of the UK by 2016, and has £1 billion with which to do so. The combined funding, upwards of £124,000, allocated to Cambridgeshire by the Equalities Office will be devoted to helping women in the area to get as much as possible out of the strengthening of this infrastructure.

Mr Vara commented: "I am delighted that the Council has succeeded in obtaining funding from Government in such a vital area. Lack of digital literacy should be no impediment to those who wish to return to work, and in the world of modern business and entrepreneurship we cannot afford to overlook the online element. I would very much encourage those who are interested to contact the Council's Connecting Cambridgeshire team for further details."

This rounds off an excellent month for the former Conservative Party Vice Chairman, who has already been appointed parliamentary under-secretary of state at the Department of Work and Pensions, in a cabinet shake-up following the Conservative's election victory. Mr Vara, who significantly increased his majority in the 2015



elections, will hold this post in addition to remaining at the Ministry of Justice, where he retains his role as under-secretary of state. Mr Vara responded at the announcement saying: "I am delighted to have been appointed by the Prime Minister as a Minister

in the Department for Work and Pensions. I am also very pleased that I will be able to continue my work in the Ministry of Justice. Both departments have important work to be done and I look forward to helping progress the government's agenda."

# PARTY IN THE CAR PARK

**Sunday 30th August - From 2pm until late....**

**Annual Event Featuring Local Musicians**

Now in it's 4th year

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Live Music All Day

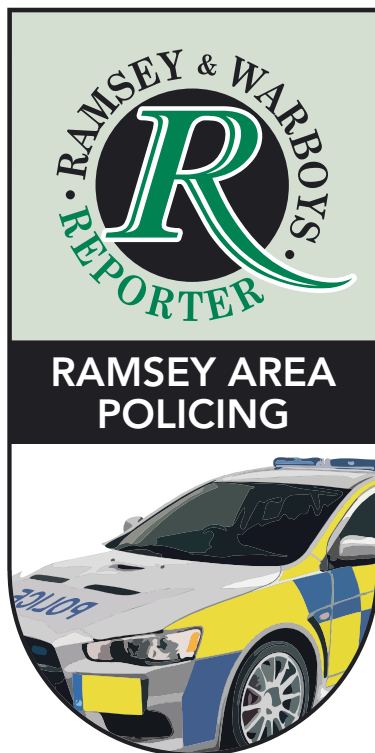
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## RAMSEY AREA POLICING

### Anti-Social Behaviour

With most schools, at the time of writing, about to break up for the summer holidays, this period traditionally sees a slight increase in the number of Anti-social behaviour related complaints that we receive.

Anti-social behaviour (ASB) covers a wide

range of unacceptable activity from causing a nuisance to neighbours to inappropriate use of vehicles. The police, local authority, fire and rescue service and local social housing landlords all have a responsibility to deal with Anti-social behaviour and to help those suffering from it. Between 1st and 20th of July this year, we received 31 ASB related calls across the St. Ives & Ramsey sector compared to 39 calls for the same period last year. This represents a reduction of around 20.5%.

Officers from the St. Ives & Ramsey problem solving team conduct regular patrols of areas where ASB is the most prevalent and provide continuous support to both the victims and families of the perpetrators but I ask that all parents and guardians consider how the actions of their children could have an adverse effect on others in their communities. PCSO Rachel Martin, our school liaison officer will be working with local schools from September to address some of the underlying causes of this behaviour on a longer term basis.

Finally, the next Police / community forum will be on Wednesday 26th August at 7:30pm at the Methodist church on Ramsey High Street. Members of the public are welcome to attend this event to discuss ongoing issues or ask any questions of the local policing team.

Contact the team by 101, by email to [huntsops@cambs.pnn.police.uk](mailto:huntsops@cambs.pnn.police.uk) or search for our Facebook page "Policing St. Ives and Ramsey".

Best wishes,  
PCSO Lee Hurley



Get fit for summer. Dust off those trainers and come and join our small and friendly classes in our Colne lakeside location.

## BeActive and Healthy

MONDAY	THURSDAY	SATURDAY
09:30-10:30 Piloxing 12:30-13:00 HIT 18:30-19:30 Circuits 20:00-21:00 Piloxing	09:30-10:30 Circuits 12:30-13:00 HIT 18:30-19:30 Piloxing 20:00-21:00 Circuits	09:30-10:30 Bootcamp 10:45-11:30 Family Circuits

Group classes are £5 or purchase 10 sessions in advance for £40 which can be used against any class (valid for 3 months). Family circuits £6 (1 adult and 1 child, extra child spaces available). Bootcamp £60 for 12 weeks or £24 per month for 3 months.

**BOOKING ESSENTIAL**

[www.BeActiveandHealthy.co.uk](http://www.BeActiveandHealthy.co.uk)  
[Alex@bsh.co.uk](mailto:Alex@bsh.co.uk)  
 07817 934 654  
 facebook - BeActive and Healthy

## COMPANY PROFILE: WOODFORD RECYCLING, WARBOYS



Woodford Recycling are renowned for their outstanding recycling and skip hire services and we recently spent some time chatting to Managing Director, Mark Farren about exciting new developments at their Warboys facility.

The site has long been associated with waste and recycling activities but in recent years there has been significant investment in the recycling and skip hire business, culminating in a state of the art Materials Recycling Facility and new Office and staff welfare facilities.

### Refuse Derived Fuel

For the last few years the company's primary focus has been recycling and, as part of a move towards 100% recycling and diversion from landfill, from mid 2015 the residual, non recyclable waste will be processed into refuse derived fuel (RDF), which is achieved by shredding the residual waste to create a fuel used to develop electricity. This new

process significantly challenges the way we perceive waste by harnessing its potential as a resource rather than an unwanted by-product and Mark commented that "it unlocks potential from material that would otherwise be landfilled to create green renewable energy".

### State of the Art Recycling Facilities

Visitors to You Tube ([www.youtube.com](http://www.youtube.com)) can view a fascinating time lapse video of the installation of Woodford Recycling's new MRF from BlueMAC which is fully powered by onsite renewable energy which is created from methane gas which is captured from the completed landfill site and turned into electricity which is supplied to the national grid, providing enough electricity to supply 1000 homes. Built in June 2013, these state of the art facilities were fully operational by May 2014. This represents an investment of approximately £2 Million by the company,



which also included the building of their new offices in June 2014, integrating the former disparate working spaces of their 20 employees together under one roof.

There is also further video footage of this miracle machine in action, showing the various methods used to extract different elements of the waste from the initial filtering out of the smallest particles of soil and stones and the recovery of recyclables including the magnetic extraction of ferrous materials, ultimately resulting in large clean pieces of hardcore which can be further broken down into recycled aggregate.

### Grants

Woodford Recycling is a continually expanding business which, having made significant investments, has long term plans for the Warboys site and they are pleased to have developed an excellent relationship with Warboys Parish Council and the local



community. The company has been able to provide Landfill Community Funding to several projects in the village, most recently the at playground in Orchard Crescent, where a 20K grant has provided excellent new play equipment for the children in Warboys. More projects will receive funding in the future.

For further information, visit [www.woodfordrecycling.co.uk](http://www.woodfordrecycling.co.uk) or call 0800 859 5177



## MEET THE LOCALS

Every month we'd like to interview a prominent figure from one of our local communities. If there is someone in your area who you think would be of interest to our readers, please email [jayewood@ramseyandwarboysreporter.co.uk](mailto:jayewood@ramseyandwarboysreporter.co.uk)

# Ramsey Neighbourhood Manager: Penny Litchfield



Penny Litchfield has been working in Ramsey since 2008 as a neighbourhood manager for Huntingdonshire District Council. We met up with her to find out a little more about her role and what it specifically involves.

**RWR: What's your official role and whereabouts are you based?**

My official title is "Neighbourhood Manager" and I'm basically a community development worker. My role was created when Huntingdonshire District Council, working with Cambridgeshire County Council, wanted a base in Ramsey to set up community projects and bring people together, given that Ramsey is a rural area with few tailored services. Breaking down the social barriers inherent in these isolated rural communities and

strengthening links with them is a key part of my work.

The Ramsey Neighbourhoods Trust, which was granted charitable status in 2012, is based in the library building at 25 Great Whyte, Ramsey, where it's fantastic to be co-located with both the library and the children's centre. It's also home to the Ramsey Million Programme of Activities. Being part of this "hub" means that we're beautifully networked and can offer much more due to strength in numbers.

**RWR: What sort of experience do you bring to the role?**

In terms of my educational background, I'm a sociologist who arrived at my qualifications via a non-traditional route, returning to academic study aged 26. I think the combination of my professional qualifications coupled with first-hand experience of some of the difficulties encountered returning to education as a mature student mean that I am ideally placed to both empathise with and help the people I work with on a daily basis.

**RWR: Who are you primarily there for in Ramsey?**

I'm there to support those people who would otherwise find it difficult to navigate the complexity of services available and in particular, I focus on helping adults who have missed out on formative education for all sorts of reasons and now wish to gain confidence, skills and qualifications.

**RWR: What does it mainly involve?**

It's been a combination of finding out about how things work in Ramsey and establishing the needs and wants of the local community. This also means identifying potential barriers to learning and establishing how to best break those boundaries. For example, we can help with logistical needs, assist with finding training as well as bringing and delivering

our own training to Ramsey

One of my key roles is to raise the aspirations of those who seek our help which I do by bringing in interesting and fun projects for them to get involved with and volunteer for, allowing them to also take pride in their environment. A good example of this is the Ramsey Neighbourhood News, now produced entirely with voluntary labour, which was originally set up as a community project to bring people together.

**RWR: Can you describe a typical day for us?**

There is no typical day; every day is completely different, which is part of the attraction of my job. I suppose there is an initial structure to the day; on Mondays, for example, I arrive at 9am, check emails, open up the library for Job Search, liaise with my team of volunteers and then spend time signposting people to find support and organisations to help them move on in their lives. The rest of the afternoon is mainly spent on the phone and computer actioning some of what's happened in the morning and then I could be doing anything from organising Buddy Plus activities to supervising an exam. I can often be found at

the Great Whyte bus stop in the afternoons, talking to locals who might need my help.

**RWR: What's your particular focus at present?**

I'm currently focussed on running Buddy Plus, an experimental approach to adult learning in Ramsey, which has a central concept of encouraging the take-up of adult learning in the neutral and non-traditional setting of Ramsey Library through the support of a "buddy", someone who increases confidence through trust building, enabling learners to be better placed to negotiate existing learning, training and personal development channels and ultimately find employment. The whole scheme is designed to improve quality of life via discussions, training, group visits and projects and to date, in excess of 40 participants have come through the scheme with some fabulous outcomes, including paid employment and most importantly a reported rise in confidence.

**RWR: What are your aims for Ramsey?**

I hope to build on the success of the Buddy Plus scheme and in particular, to offer a wider range of courses in partnership with Abbey College.

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I am happy to advise with planting, and will tend to your potted plants and hanging baskets, along with a clear idea of leaving all flowers beds free from weeds.

Weekly or fortnightly visits can be arranged to suit. I care about your garden along with your pocket.

If you'd like further information, please send me a text or call me on 07762 037 163 and I will call you back.

~~Jules~~



Penny can be contacted on 01487 814897 or by email : [penny.litchfield@huntsdc.gov.uk](mailto:penny.litchfield@huntsdc.gov.uk)



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# CROMWELL VETS

## Protecting your pet AND you!

To protect your pet, your family AND everyone else around you, we urge you to please follow these guidelines:

1. **ALWAYS** pick up after your dog and clean litter trays regularly
2. Give monthly flea treatments to all cats and dogs in your household
3. Give worming treatment **AT LEAST** every 3 months
4. Always wash your hands before eating
5. Cover sandpits when not in use.

For professional advice about worms and preventative healthcare for your pet, please speak to your Vet. Cromwell Vets 01480 814789.

Please note: not all products on the market will kill all types of worms or be the most effective at killing fleas. The products vets sell are prescription medications - we are confident these are the best on the market to provide your pet with excellent flea and worm protection!



The main part of a Vets job is to make our pets feel better when they are ill. While this is true we also look from a slightly different angle - we want to help your pet's feels as good as they can be for a long as they can. Another important area of our work focuses on the prevention of illness. It's why we go on and on about vaccinations, flea treatments, wormers - these regular treatments really DO prevent serious and potentially fatal illness and disease.

Now as the weather warms up, people and pets alike will spend more time outdoors. And although we do not wish to scare you, we feel it's important to tell you about the dangers of the outdoors. (Don't worry we'll also tell you how to significantly lower the risk).

Worms are nasty parasites who live inside their host in the organs such as the intestines, lungs or even the heart. They can cause serious illness and infections can sometimes prove fatal. There are a few facts that many people don't know:

1. There are many species of parasitic worms in this country
2. Their microscopic eggs can hide anywhere and transfer easily on clothing, shoes and pet fur
3. **THEY CAN SPREAD TO PEOPLE**

The eggs are shed into the environment from an infected individual usually through their faeces. Some eggs can survive in the environment for years, even when it's cold. A shocking 67% of public playgrounds and 75% of sandpits are contaminated with roundworms and their eggs! Tapeworms (a species which can spread to people) can also be transmitted via fleas.

Like our pets, people are infected if they ingest the eggs. Which might sound easy to avoid. But if you think how tiny these eggs are and how easily they can be transferred around, you definitely won't see them when you reach for that picnic sandwich!

Once inside their host the worms can travel round the body before they reach

their destination organ (where they end up depends on the species of worms). This migration can cause serious organ damage and roundworms can even reach the eyes

where they will cause blindness. Children, the elderly and immunosuppressed adults are most at risk of serious complications.



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the WI  
INSPIRING WOMEN

# WOMEN'S INSTITUTE

## Inspiring Women

The WI tag line is Inspiring Women. On the 8th July members of WIs in this area attended an Inspiring Women Lunch held at the WI Centre in Huntingdon. Three Inspiring Women were invited to speak to the audience as they enjoyed lunch. Ruth Bond OBE, former national WI Chairman, opened the event by speaking about the opportunities she had been given because she was a member of the WI. She spoke about meeting so many different people including royalty, politicians and celebrities and being given the chance to speak to a variety of audiences. However, her most treasured experiences were those associated with the 'Care not Custody' campaign in which the WI called for an end to the inappropriate detention of people with mental health problems. (See more at: <http://www.thewi.org.uk/campaigns/current-campaigns-and-initiatives/care-not-custody#sthash.zHHN4qMS.dpuf>)

Sophie Antonelli from The Green Back Yard in Peterborough spoke about how this green oasis was established right in the centre of the city. She went on to describe how she and her band of volunteers are working to save this community space from commercial development. The event was concluded by Sam Davis who spoke about how she and her husband Warwick work for the charity Little People UK. Her passion for her charity shone through as she told us her personal story and how she and her family are committed to support other families in the same situation. We all left inspired by these truly inspiring women.

### News from Your Local WIs

**Abbey** - As it is the WI Centenary Year Ramsey Abbey WI members decided to make a donation to a local charity to mark this. It was agreed that we would purchase a tree for the Ramsey Rural Museum. After consultation with the museum it was agreed that they would like a double white lilac tree which was



duly purchased. At our June meeting the tree was presented to the Chairman of RRM and on 25th June four of our committee members attended at the Museum for the planting ceremony. Later on that day, after lunch at a local restaurant, a group of our members had a guided tour around Hemingford Manor by Diana Boston. Diana came to one of our meetings earlier in the year and our members



From Left to right: Linda Hinkley, Val Hadley & Anyta Francis enjoying a trip down the river on a warm summer evening

expressed an interest in visiting the house. It was a beautiful sunny afternoon which was perfect for a tour of the house and gardens. In addition to our monthly meeting we also have a monthly coffee morning, tea and chat, lunch club, book club and craft club. In August we will have our Cream Tea where we invite other local WIs along to join in the fun.

**Warboys** - We had a change of scene for our June meeting. Members made their way to the Raptor Centre for an interesting evening learning about the birds and watching them in flying demonstrations. In July our speaker was Philip Whaites the Head Gardener at Wimpole Hall. His subject is the rebirth of the hall's gardens. We also held a bring and buy sale in aid of the Meningitis Trust.

We are looking forward to several events over the next couple of months. On August 12th, one of our members, Sheila Hood, is hosting a garden party at her home, and on the 19th we have a day - long mystery tour. Susan Stevens pays us a visit to our September meeting talking about Chocolate, from bean to bars. Chocolate goods will be available to buy. On

the 19th September, the WI will be holding a Bingo.

**Ramsey St. Mary's** - In July we had a change of scene for our July meeting. We had a delightful sail down the river from Godmanchester in glorious sunshine followed by a meal at the Old Mill at Brampton. The following Friday some of us gathered with family and friends for, what has become an annual visit to the outside theatre at Toilethorpe.

You will see us in the NAFFI serving spam sandwiches and other wartime fayre over the Ramsey 1940's Weekend. We hope many of you will come and join us for our WI Centenary Celebrations on Wednesday 16th September when we are holding an open meeting for everyone that will include musical entertainment, refreshments and raffle.

So as you can see the WI has many different experiences to offer all women aged eighteen and over so why not give it a try. Remember all WIs are different so if the first doesn't suit try another. There is a WI out there to suit everyone. For dates and times see below.

For contact details or further information about WIs in this area telephone the WI Centre on 01480 453137 or go to <http://www.thewi.org.uk/become-a-member/structure-of-the-wi-england/huntingdon-and-peterborough/about-us>

WI	Time & Date	Location
Abbey	2pm - 1st Thursday	Bury Village Hall
Holme	7.30pm - 1st Thursday	Holme Village Hall
Ramsey	7.30pm - 2nd Monday	Ramsey Community Centre
Ramsey St. Mary's	7.30pm - 3rd Wednesday	The Barn, Ashbeach School
Warboys	7.15pm - 2nd Wednesday	De Ramsey Court, School Rd
Wistow	7.30pm - 2nd Wednesday	Wistow Village Hall



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Please contact us  
[mail@ramseyandwarboysreporter.co.uk](mailto:mail@ramseyandwarboysreporter.co.uk)



Double White Lilac tree presented to Ramsey Museum



# Thank you Ramsey! CREATE-Fest was an overwhelming success.

The sun shone and the atmosphere was buzzing at CREATE-Fest on Saturday 18th July. People turned out in their hundreds for the event organised by the Ramsey Million Partnership - 'thank you Ramsey!'

There was something for everyone, with the main highlight being live music on stage from 1pm through to 7:30. The music began with ex-Abbey students performing as 'I Can Climb Mountains' who were a great start to the afternoon. Headline act, Tallawah Reggae didn't disappoint, along with Ben Callanan, an indie singer songwriter, who was equally well received. Ian 'Rosie' Rose brought a bit of the east-end to Ramsey and the smooth tones of Ain't Misbehavin' and Stella Hensley and Chris Newman were perfect on a lazy summer afternoon.

As the event was the climax to Ramsey's CREATE week - a celebration of all things creative - there were also demonstrations of dance from the Urban Dance Academy and Bootscoterz line dance troop, a performance by The Ramsey Choral Society as well as stalls showcasing local art, amateur dramatics, craft groups, flower arranging and creative evening classes. The library service were also in attendance with the mobile library promoting the summer reading challenge 'Record Breakers' and sharing lots of giveaways with the crowd.

The event was an overwhelming success due to the teamwork involved. This started back in March when the creative organisations within the parish came together to brainstorm. The idea of CREATE week was formed. Everyone worked together to offer creative activities during 'Try-it' week with a music festival being planned as the grand finale.

Jane Sills, Chair of the Ramsey Million Partnership said

"It was absolutely wonderful to see so many families relaxing in the sun enjoying themselves. The Partnership are delighted to have been able to facilitate this event which also gave us a wonderful opportunity to engage with our community. All the comments received will inform our progress review and planning for the next three years. I would also like to thank the various businesses and organisations who supported us on the day. Thanks go to the 1940s Camp, Clarity Events Group, RBD Security, Services-AV, Milk Shake Junction, Discover your Mojo, Helping Hands and last but not least Ramsey Community Bus who ferried people back and forth all day long"



The summer doesn't end here though. Ramsey Million Partnership has also planned:

- **Family Fun Day at the Cricket Club on Sunday 2nd August from 12-4pm**
- **BOSH Summer Play Scheme from 3rd-14th August**
- **CRUNCH activities for those 11+ include Graffiti (7th August), Street Dance (10th August) both 4pm - 6pm and a trip to Bewilderwood on 14th August, 8am - 6pm**
- **Mobile skate-park at Tesco car park on Sunday 16th August from 10am until 4pm.**

Also the 'I love Ramsey because ...' calendar is now available from the Neighbourhood Office and at the BOSH family Fun Day and Playscheme. The calendar contains photos that were taken by and voted for by local people. All profit from the sales will go towards next year's BOSH holiday playscheme.

For more information on Ramsey Million - Big Local visit:

## General Enquiries & Community Development Worker

- Email: [ramseymillion@gmail.com](mailto:ramseymillion@gmail.com)  
[playscheme.ramseymillion@gmail.com](mailto:playscheme.ramseymillion@gmail.com)
- Tel: 07955 817137
- Facebook: [www.facebook.com/ramseymillion](http://www.facebook.com/ramseymillion)  
[www.facebook.com/crunchramsey](http://www.facebook.com/crunchramsey)
- Twitter: @RamseyMillionBL
- Web: [www.ramseymillion.org](http://www.ramseymillion.org)
- <http://localtrust.org.uk/get-involved/big-local/ramsey>

## Promotions Officer

- [ann.cuthbert@cambsacre.org.uk](mailto:ann.cuthbert@cambsacre.org.uk)
- 07904 418936



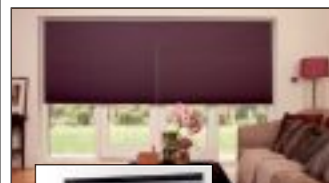
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## The New Face of Banking in Ramsey

**Allan Mee** was recently appointed to the post of Bank Manager at the TSB Ramsey Branch in March 2015. The Reporter met up with him over a welcome cup of TSB coffee in July to find out a little bit more about the new face of banking in Ramsey and developments at the branch, as well as learning more about TSB's work supporting Ramsey based charity, Little Miracles.

**RWR:** So Allan, congratulations on your recent promotion and welcome to Ramsey. Have you always worked in the banking sector?

Yes, pretty much so. I started working at what was then LloydsTSB, Peterborough, as soon as I finished college and then stayed on working at weekends whilst I was a student at university in Lincoln. After I graduated, I was offered a full time post at the bank and I've been there for the last five years until this recent promotion to the role of manager at the Ramsey branch. I've been working here in Ramsey since the start of March 2015.

**RWR:** Obviously during your time you've seen a major changeover from LloydsTSB to TSB, but what other developments have taken place in the bank recently?

I think the most significant change is a definite movement away from the target driven approach of the past, where staff were expected to be pro-active in selling additional financial products and services even when customers were simply coming into the branch to pay in a cheque.

Now TSB is increasingly concerned with meeting local needs and improving our customers' overall experience whenever they visit the branch.

A lot of the time this simply means showing a more human face wherever possible, taking the time to have a brief conversation at the desk and getting to know our local customers better, though obviously within reason – if there's a large queue out of the door we'll work as efficiently as

we can to limit the waiting time for those in the queue!

**RWR:** So what's currently happening at the Ramsey branch to promote this new style of banking?

One of our tag-lines is "local banking on demand", which means aiming to make ourselves far more accessible to our customers by being able to see them at their own convenience. With the recent closure of other banks in Ramsey, our existing customers, particularly those who don't like to travel too far afield, are seeking reassurance that we are here to stay.

To this end, I'm pleased to confirm that TSB Ramsey is now extending its weekday opening hours to 9am-5pm Monday to Friday and will now also open from 10am – 2pm on Saturdays.

Another way in which we're improving our service to customers, is by thinking ahead when booking customer interviews so that we take account of the likely duration of the appointment and avoid over-running into the next interview. We aim to try and be ready to meet customers 5 minutes before their appointment time.

**RWR:** You mentioned when we first spoke to you about wanting the branch to become an integral part of the community and I imagine that one of the best ways of doing this is your current work with local charities. Can you tell us a little bit more about this?

Yes, of course. All TSB branches support local charities and at the Ramsey branch, we're working alongside our immediate neighbours, Little Miracles, Ramsey, to raise much needed funds.

Little Miracles is a parent led support group and charity for families that have children with additional needs, disabilities and life limiting conditions. It has quickly expanded from a peer to peer mentoring project to providing holiday



activities and emotional support. Most of their staff members are volunteers, and all of their trustees and management committee members are parents or carers to children with a variety of additional needs, disabilities or life limiting conditions.

I've held a few meetings with them and I'm now planning on undertaking a sponsored bike ride around Rutland Water with my former colleague, Lawrence, from the Peterborough branch.

We're also holding a few fundraising events in-branch such as a cake bake and a "smarties fundraiser", where we give out free tubes of smarties in the branch and, once consumed, we encourage customers to refill and return the empty tubes with loose change for the charity. I should add that we are immensely grateful to local firm, The Milkshake Junction, for supplying the smarties for this fundraiser.

**RWR:** You're obviously quite a new face in Ramsey; how have you found the town?

People have been very supportive since I've arrived at the Ramsey branch. I do owe special

thanks to the local branch of the Rotary Club, who, to help me build local connections, invited me to one of their dinner events at the Golf Club recently, so I'm very grateful to have established links there.

I'm hoping to develop similar relationships with other bodies in the town and have a presence at local networking events over the course of the coming months so that people start to see me as an integral part of Ramsey life.

TSB Ramsey is now open 9am-5pm Mondays to Fridays and 10am-2pm Saturdays.

Allan would welcome the opportunity to meet with and discuss the needs of both new and existing customers at the branch – appointments can be made by either calling into the branch at 13 Great Whyte or by calling 01487 504999.

Oh, and by the way, he makes an excellent cup of coffee...



## UPWOOD SCHOOL GARDENERS

Children in Year 5 at Upwood Primary School have become green-fingered over the last few weeks, working hard on brightening up the lower and upper courtyard area of their school. The children worked tirelessly on the two levels of courtyard areas to create flower beds, a herb garden, alpine patch and nearly 20 wooden containers with an assortment of carrots, herbs, tomatoes, flowering plants, rose bushes and a bay tree, alongside hanging baskets.

"The children worked so hard on the project and the results are now simply amazing, it

looks beautiful," Mrs Myles-Gardiner, the Year 5 class teacher, exclaimed.

All of the plants were donated from Parents/Carers and local shops. Upwood Primary School are extremely grateful to so many people for their generosity – in particular, Tesco in Ramsey, B & Q in Huntingdon, Delphlands, Nr Benwick, Ramsey Discount Shop and Mrs Hindshaw –Crick (Flowers by Amanda, Ramsey); without them the Year 5 class would not have been able to transform the Courtyard – thank you very much indeed.

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A lot of holiday makers these days don't just want a typical beach holiday they want to see more sights and immerse themselves in the culture of the places they visit - Tailor Made holidays are ideal for this.

Do Tailor Made holidays cost more? - not always, we often tailor make holidays that involve visiting several cities in Europe and then provide a rail pass for the travellers to get around; this keeps their costs down and they see so much more of the countries and the people.

Some Travellers like to mix and match with a week sight-seeing and a week relaxing on the beach - typically things like - a wine tour of the French Vineyards followed by a week in San Tropez (to recover!) or 4 nights in Dubai then a week in the Maldives - the options are only limited by your imagination. Here are some itineraries we can organise to give you an idea of what is possible.

**Italy:-** A country with so many famous cities, but you don't have to take individual trips to see them all. Use the train to travel from Venice, to Florence, to Pisa, to Rome, to Sorrento, then hire a car to drive the Amalfi coast. Take in the history, culture, architecture and wonderful beaches of this lovely country. We organise your flights, hotels, rail passes, car hire and even entry into the attractions - you just enjoy it.

**Australia & New Zealand:-** These 2 destinations involve long journeys, so when you get there you want to see and

do as much as possible. Iconic landmarks, such as Sydney Opera House, Uluru (Ayers Rock), fit in a visit to see friends and family. See the amazing scenery in New Zealand, traveling around in a camper van and taking in Auckland, Christchurch and Wellington. Try a cruise from Sydney, Australia that also takes in the amazing sights of New Zealand. It's easy to see why you would choose tailor-made holidays for this.

**USA:-** A land of 52 states, so much to see and do it's often hard to know where to begin. Whether you want to take in New York, Florida, California, Vegas and the Grand Canyon or travel along Route 66 or see New England in the Autumn, it's possible to see any number of states in one visit, by having your holiday Tailor-Made for you.

**Asia:-** It's a dream for many to travel to places such as Thailand, Vietnam, Cambodia, India. Go from country to country, and gain an experience of a lifetime. All exactly as you want. Whether it's the hustle and bustle of markets, amazing sights such as the Grand Palace in Bangkok or Angkor Wat or a trip down the Mekong river, followed by a relaxing stay in somewhere like Bali, Goa or Sri Lanka.

**South America:-** A land of Incas, Aztecs, Mayans and friendly locals, whether you dream of travelling to party in Rio, trek-up to see Machu Picchu or see the Iguassu Falls on the border of Argentina and Brazil. Don't forget Mexico, a land with great beaches and diving. See more than one country on this incredible continent with your own tailor-made holiday.

If you fancy tailor making your next holiday then talk to your local specialist Travel Agents, Susan and Ian at Not Just Travel Anglia on 01487 800009 or visit our website [www.notjusttravel.com/anglia](http://www.notjusttravel.com/anglia) - we will be happy to help



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## KIRA'S CORNER



This month Kira is taking a well-deserved holiday after all of the hard work she has put into her A- levels. Ever the professional, our committed youth editor even found time to send us her airborne column submissions this month from the plane en route!

## STUDENT FINANCE

From September 2016, university grants are going to be scrapped and loans are going to rise. Good news? More money to live off (short term bonus). Bad news? Most of us will never repay our loans. I personally am now stressing that I will leave university with 50k + in debt and that I will never be able to get a job that can allow me to live comfortably and pay that amount of money back. Yet to be a journalist, I need a degree and I know it. I may come from a 'middle-class'

background but we struggle as it is; my family cannot afford to 'help me out' whilst I'm there, basing my loan on their incomes helps me in no way at all. The government is doing anything but helping my generation and I am appalled. If you have a rant you want to share about this years budget then feel free to contact me on [info@ramseyandwarboysreporter.co.uk](mailto:info@ramseyandwarboysreporter.co.uk) marked attn: Kira's Column.

## ED AT WEMBLEY REVIEW

On Sunday 12th July I travelled down to London to see my favourite artist, Ed Sheeran. With a loop pedal, some awesome graphics and his guitar - the man couldn't have impressed me more. Mr Sheeran is more than talented, proven when his loop pedal had a blip and instead of freaking he sang with no background music, no guitar, no nothing. Just him and his microphone. Not to mention Ed's cover of Stevie Wonder which got the whole crowd bopping along! There were brilliant supporting acts of Passenger and One Republic too, previous nights having the likes of Elton John, Rudimental and Example. The man's three exclusive tour dates were meant to entertain and that's exactly what they did! Five stars to Ed Sheeran - you bossed Wembley!

## UNDETERRED BY TERRORIST THREATS

As I'm writing this, I'm on an aeroplane on my way to a country with a rising terror alert. Am I nervous? Slightly. However, the Costa Del Sol used to be a place I called home and still is my 'safe place', my escapism to a place I see as paradise. It's a shame however, that I am supposed to fear travelling to a place I called home for so many years for a vacation. Nowhere is 'safe' any more. yet is this a rational reason not to travel/live our lives? I think not. I personally find it disgusting that we are having to live our lives in fear of those swooped up into something out of their depths. People as young as 17 traipsing to join a cult they cannot see fault with. Yet everyone forgets we are the ones who supply these countries with weapons. We as a country are giving these individuals/groups power by supplying them with the weapons they wish to assassinate us with. Risky piece of journalism, I know. I don't care. In fact, I care far too much to let the fear of death (something that will catch us all in the end) consume me and stop me from doing anything.

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# RAMSEY WALLED GARDEN RECIPE OF THE MONTH

## Courgette Quiche



It is that time of year when, if you grow courgettes, you start wondering what to do with them all. Here is a lovely quiche recipe.

### Pastry

225gm (½ lb) plain white flour  
½ tsp salt  
150 gm (6oz) butter or margarine  
1-3 tbs cold water  
25 gm (1oz) grated cheddar  
25gm (1oz) parmesan  
(or use bought pastry)

**SERVES  
4-5**

### Filling

650-900gm (1½-2 lb) courgettes  
25 gm (1oz) grated cheddar  
25gm (1oz) parmesan  
300ml (½ pt) crème fraîche or sour cream  
2 eggs - separated  
2 tbs chives  
1 tbs flour  
Salt and pepper  
6 tbs breadcrumbs (optional)

Grease an oven proof dish; it needs to be a bit deeper than a normal quiche tin.  
Make the pastry in the normal way by

rubbing the fat into the flour, add salt and the grated cheese and mix to a dough with the cold water. Press pastry into the pie dish and chill. If using bought pastry, omit the cheese.

Slice courgettes into thin slices, keeping them as even as you can. Cook in boiling salted water for about 5 minutes and drain. Beat the egg yolks and crème fraîche or sour cream; add the chives, salt and pepper and flour. Beat the egg whites until stiff but not dry and fold into the egg yolk mixture. Arrange a layer of courgette slices on the pastry base and cover with a small amount of the egg mixture. Add another layer of courgette slices and a bit of egg mixture until all the courgettes are used. Pour in the remaining egg mixture. Cover with grated cheese or a mixture of grated cheese and breadcrumbs.

Bake for 10 minutes in a hot oven (gas 7, 220oC) and then turn down to gas 3 (170oC) for a further 40-45 minutes. Leave for 10 minutes or so to cool a bit before eating.

## HAVE YOU TRIED BAKING ONE OF OUR RECIPES?

If you have, we'd like you hear your thoughts!

Please contact us  
[mail@ramseyandwarboysreporter.co.uk](mailto:mail@ramseyandwarboysreporter.co.uk)

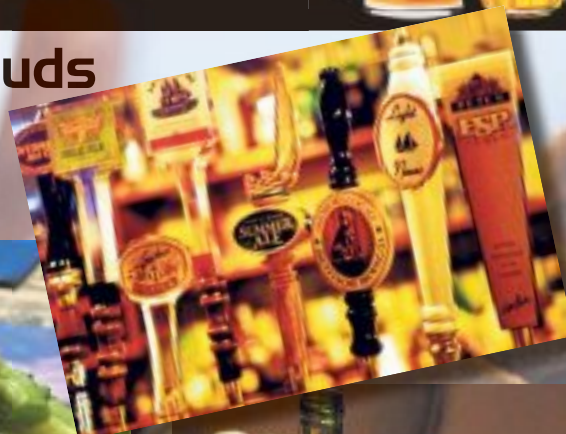


# **food&drink**

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A comprehensive, pull-out guide of traditional pubs selling real ales and restaurants offering fine dining or international cuisine. We are very fortunate to have some of the best in Cambridgeshire, and they are all within easy travelling distance of our own front door.

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## THE CROSS KEYS, UPWOOD: A TRADITIONAL FAMILY PUB

Hayley and Graham have been at the Cross Keys for a year now and have significantly revitalised this village pub since taking over, whilst still maintaining its traditional country feel.

Located at the heart of the village of Upwood, the pub is a real community hub with something to offer people of all ages, whether it be to relax in the extensive beer garden, complete with decking and play area for children, to enjoy a traditional pub lunch in the restaurant or simply to take the opportunity to enjoy a quiet drink in the bar in the company of the friendly regulars.

It's cosy open-fired interior is home to the bar, lounge and restaurant, offering a range of up to 5 real ales, lagers and fine wines, alongside a mouth-watering menu of traditional pub cuisine which is the talk of the area. Ingredients are sourced locally,

wherever possible and all food is prepared and cooked freshly to order with specialist dietary requirements catered for. The quality of their food has resulted in many returning customers, and Hayley is justifiably proud of her kitchen's five star rating.

In addition to their outside catering services, providing buffets and marquee hire for weddings, christenings and other social occasions, The Cross Keys also offers a few more unusual services. Hayley's horse drawn carriages are a frequent attraction at the many charity events held at the pub, whilst Graham is a keen handyman who enjoys creating unique garden furniture from tree trunks. He has also used his skills to recently install a large decking area at the rear of the pub, just in time to enjoy al fresco dining or a refreshing summer drink in the warmer weather.



Everyone is made welcome in the Cross Keys; customers can even bring their dogs either into the bar area or outside in the large beer garden.

For further information about this country pub, call 01487 813384 or visit [www.thecrosskeysupwood.co.uk](http://www.thecrosskeysupwood.co.uk)



## The Cross Keys - Upwood A Traditional Country Pub

New Menu - Freshly Cooked Homemade Recipes



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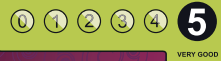


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## THE MAD CAT, PIDLEY

Believed to be the only "Mad Cat" in the country, this traditional seventeenth century public house, open since 1648 in the village of Pidley, has been run by Darren Tomkins for the last 8 years, during which time they have received a number of CAMRA accolades, including "Most Improved Pub of the Year

2008" and "Pub of the District 2009". The bar serves a range of local real ales, which changes on a weekly basis.

Visitors to the restaurant can expect a traditional dining experience with table cloths and placemats in the oak beamed dining room, or can opt to enjoy the summer

weather under shady pergolas or marquees in the extensive beer garden which is also home to a children's play area.

Very much a food led pub, staffed by a team of chefs rather than microwave operatives, the choice of food available is vast and is complimented by a range of "specials" evenings ranging from £6.95 per head Curry nights (main course, rice, poppadum and nan bread), a fish night menu with freshly beer battered fish, chips and mushy peas at £11 for 2 meals, a grill night with lamb chops, pork chops, steak and five different sauces and of course, the popular Sunday carvery.

A new £5 luncheon menu will be launched at the start of August 2015, in addition to all of the traditional Mad Cat favourites. Early booking is recommended to avoid disappointment.

The Mad Cat also offers outside catering services for all events and weddings, including carveries for parties of 20 or more, Call 01487 842245 today to discuss your catering requirements.

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**Pub of District 2009**

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# NEW CHINA RED

STYLISH CHINESE, THAI & MALAY CUISINE IN THE HEART OF RAMSEY

After a nearly 4 years running a successful takeaway business in Ramsey, Eddie is now delighted to welcome you to sit down in style and enjoy the same superb quality of food at his restaurant, New China Red, located at 64 High Street, Ramsey.

With Eddie at front of house and his partner Kim in the kitchen, the duo continue to surpass customer expectations with a beautifully presented selection of the finest Chinese, Thai and Malay food in the area served in tastefully decorated surroundings. The restaurant is also proud to be the recipient of a five star food and hygiene rating.

## THAI & MALAY SPECIALITIES

For those wishing to venture into new culinary territories from the more traditional Chinese cuisine, Thai style cooking can be quite spicy and, with its use of coconut milk as a key ingredient is essentially a more creamy dish. Thai green and red curries are perhaps the most familiar and archetypal dishes, but why not try something more unusual from the menu like Eddie's Pad Gra Pao beef, which is flavoured with basil leaves, or the delicious Masaman lamb.

Malay cuisine introduces lots of new herbs and spices. Eddie particularly recommends

trying the Kapitan King Prawn to give a taste of the new flavour sensations available.

To tantalise your taste buds, the entire menu is available to peruse on New China Red's facebook page. For those requiring some guidance, New China Red offers a selection of carefully selected set menus representing excellent value for money, some of which include a variety of mixed hors d'oeuvres and the traditionally popular crispy aromatic duck.

## LUNCHTIME MENU & SPECIAL AUGUST OFFERS

Eddie is currently promoting China Red's new lunchtime menu, available Friday to Sunday from 12 – 2pm. For a new special offer of £8.90 per sitting, diners can expect to enjoy a Bento set, comprising a starter, main course, dishes with rice and a side salad.

In addition, for the month of August, evening diners eating at the restaurant on Monday – Thursday and Sundays (Fridays and Saturdays not included) will receive a 15% discount on their food. Please note that drinks are not included in this offer.

## DELIVERY SERVICE

The wonderful flavours of New China Red are also available at home. In addition to its formal dining, the restaurant offers a



takeaway and delivery service to Ramsey, Ramsey Heights, Mereside, St Marys & Fortyfoot, Wistow, Warboys, Benwick, Upwood & Bury. Enjoy the flavour sensation of Chinese, Thai & Malay cuisine at New China Red, 64 High Street, Ramsey. Why not

call 01487 813 223 to reserve your table now – early bookings recommended to avoid disappointment.

*\*NEW CHINA RED is not affiliated with any other restaurants or takeaway businesses in the Ramsey area\**

# Discover your appetite at New China Red

A taste of The Orient in the middle of Ramsey



Pad Gra Pao Beef



Masaman Lamb



Kapitan King Prawn



Mixed Hor D'oeuvres

With an excellent selection of the finest Chinese, Thai and Malay Cuisine you could be experiencing those wonderful flavours of The Orient right in the heart of Ramsey.

As well as traditional Chinese cuisine we also offer spicy Thai style food and authentic Malay dishes to give your taste buds a real treat.

### NEW LUNCHTIME MENU

Available from 12pm until 2pm Friday to Sunday

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# THE RAILWAY: A TRADITIONAL FENLAND PUB

Sitting at the very end of the Great Whyte, with a spacious bar and lounge area, The Railway is the embodiment of the traditional Fenland pub and visitors are made welcome by a host of regulars. Friendly to man and dog alike, the pub has become a regular stop-off point for both walkers and cyclists in the area, attracted by its welcoming environment and selection of real ales.

Whether you are looking to start out on a pub crawl, want to enjoy a drink in the homely atmosphere of the lounge complete with soft chairs and cosy fireplaces, fancy a few games of pool, searching for a great live music venue or just looking to enjoy a relaxing drink in the spacious beer garden, you can be assured of a warm welcome by landlord Keith, who has recently celebrated his 8th anniversary behind the bar.

## REAL ALES

A staunch supporter of the pint, the bar is never short of choice with up to four ales on tap at any one time, in addition to all of the usual favourite lagers, wines and spirits. Alongside the well stocked bar, there are the old favourites which make for the traditional pub experience: a well-stocked juke box of both classic tracks and new hits, alongside a pool table and dart board which are both regularly used for inter-pub matches.

However, the real attraction of The Railway comes in the form of a regular timetable of unique events which take place on both a weekly and monthly basis. The monthly pub quiz night, next scheduled for Sunday 23rd August, is extremely popular as are the weekly Thursday night pool competitions and Sunday raffles to round off the week.



## LIVE MUSIC

Live music is featured particularly prominently on the list of events and Keith regularly books local bands to play at the venue, as well as putting on his own acoustic jamming sessions every Wednesday night. Whether you're looking to get involved and jam live or are just interested in hearing some grassroots musicians ply their trade, this is definitely worth a look.

## OUTDOORS

The pub's spacious car park has played home to a number of charity events, most recently the July 25th Hearts of Fire Event supporting the local Fire Rescue Service and the British Heart Foundation. Its outside area is also enhanced by a spacious lawned beer garden complete with a plentiful supply of bench tables and a play area.



## THE RAILWAY

A great all-round, friendly pub

- \* Up to 4 real ales
- \* Live Music
- \* Dart Board
- \* Pool Table
- \* Dog friendly

- \* Large beer garden
- \* Free parking

- \* Open fire places

### Opening Hours

Mon-Tue 3pm - 11pm

Wed-Fri 12pm - 11pm

Sat - 12pm - Midnight

Sun - 11am - 11pm

### The Railway Inn

132 Great Whyte, Ramsey,  
Huntingdon

Cambridgeshire PE26 1HS

Tel: 01487 812 597

EVERY 2nd and 4th WEDNESDAY  
**Acoustic Jamming Sessions**  
Anyone welcome - bring your instruments  
THURSDAY NIGHTS  
**Pool competition**  
**Raffle every Sunday**





# Award Winning Chef appointed at Lakeside Lodge, Pidley

We are delighted to announce the appointment of Award Winning Chef Jeremy Ireson to head our team at Lakeside Lodge, Pidley.

We know that Jeremy's talent, creativity and attention to detail, together with his exciting ideas for new menus using locally grown seasonal produce and game will delight all our customers old and new! We are very excited for the future!

Our relaxed informal style restaurant in its peaceful countryside setting is open 7 days a week serving food until 9 pm daily. We offer a huge menu selection, modern British in style at Lakeside Lodge ... breakfast (and not just for the residents of our 64 bedrooms!), popular all day snacks, A La Carte and Special Dishes and for groups ... Buffets, Barbecues and Banquets for Wedding Receptions (we are licenced to perform Civil Ceremonies) and Special Occasions all very professionally created from start to finish by Jeremy and his team (no shortcuts!).

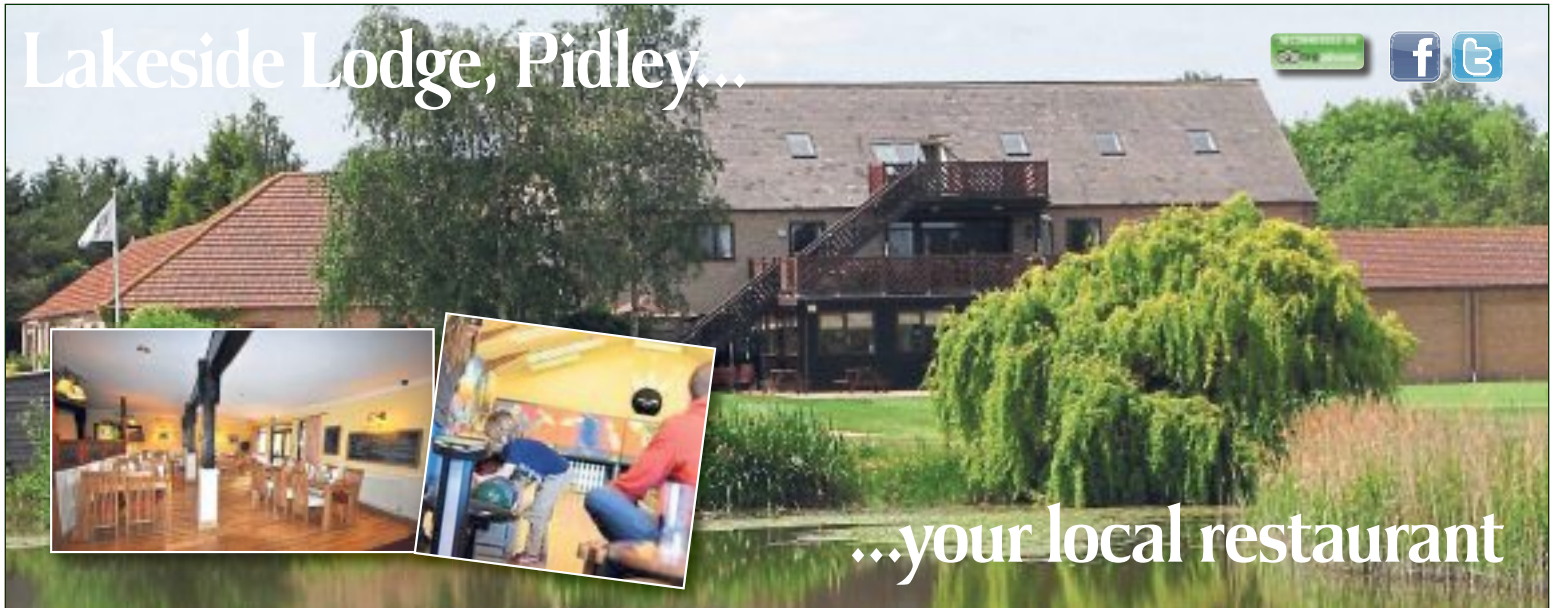
What's more we pride ourselves on the excellent customer feedback we receive ... comments always include how friendly



and welcoming our staff are. We serve great food that all the family can enjoy. If you have not eaten at Lakeside Lodge yet why not give us a try?

Lakeside Lodge is easy to find... we are just a mile from the village of Pidley (and what a good job the contractors have recently made resurfacing our entrance road - no more pot holes!). We look forward to welcoming you soon. Advance booking is advisable ... call us on 01487 740540. If you would like to receive further information please email us at [info@lakeside-lodge.co.uk](mailto:info@lakeside-lodge.co.uk) or visit our website at [www.lakeside-lodge.co.uk](http://www.lakeside-lodge.co.uk)

## Lakeside Lodge, Pidley...



## ...your local restaurant

- Daily specials and A La Carte Dishes featuring local produce and game. Snacks available all day including gourmet burgers and popular favourites
- The perfect venue for Wedding Receptions ... our first floor "Woodhurst Room" seats up to 100. Licenced for Civil Ceremonies and what's more we have 64 en-suite bedrooms
- Ideal for family celebrations, special occasions, group outings and wakes. Menus for all occasions
- Barbecues are served in our sunny courtyard garden with exclusive seating in our Pavilion or Private Marquee.
- Perhaps combine your meal with Tenpin Bowling ... great family or corporate entertainment

**Dining in a welcoming, relaxed and informal style setting with peaceful countryside views!**

**All professionally created using fresh locally sourced produce by our newly appointed Award Winning Head Chef Jeremy Ireson and his team!**

**Food served daily until 9 pm. Advance booking recommended.**



Fen Road, Pidley, Huntingdon, Cambs PE28 3DF  
Tel: 01487 740 540  
visit our website: [www.lakeside-lodge.co.uk](http://www.lakeside-lodge.co.uk)



# GRADE II LISTED DINING AT THE BOW WINDOW, RAMSEY



It's been almost three years since Simon Harding and James Reed took over at The Bow Window and under their management, this charming 15th Century restaurant is going from strength to strength. Elegant surroundings set the scene for exquisite food with exciting combinations of flavours, meticulously prepared and beautifully presented.

With its grade II listed exterior and elegant surroundings, and an enviable culinary reputation, The Bow Window remains one of the most prestigious eateries in Ramsey and has continued to satisfy its regular diners, as well as gaining new patrons since former chefs, Simon and James, took over in October 2012. Despite its High Street location, the rear of the restaurant is home to a large customer carpark and its quaint exterior opens onto a deceptively spacious restaurant, which

somehow manages to retain a sense of cosy, yet refined exclusivity at each of its tables.

## TASTEFUL REFURBISHMENT

In recent months, the bar area has been tastefully refurbished with comfortable sofas, red leather and fabric tub chairs, whilst the dining space has been given a light contemporary feel with oak floors, creamy beech tables and linen napkins.

The menus are updated on a regular basis; in addition to its wonderfully inventive a la carte menu, the restaurant currently offers a 3 course mid-week menu for just over £18, available on Tuesdays, Wednesdays and Fridays and a popular steak night menu which is available on Thursdays.

In addition to carrying branded beverages such as Becks Vier and Stella Cidre, the restaurant's extensive wine list features wine from all over the world, with a bottle to suit every budget.

## CHRISTMAS MENUS

It's never too early to plan for the festive season and Simon and James have already

registered interest from Christmas Day diners. Their popular Christmas Menu, which runs from December 1st will be available for perusal from the start of September and bookings are already being taken.

They are open throughout the festive season including Christmas Day and New Year's Eve but early booking is essential as their reputation for excellent Christmas fare and seasonal atmosphere make The Bow Window a very popular choice for dining.

## PRIVATE PARTIES

Simon and James are pleased to cater for private parties, whether they be corporate dinners or family celebrations, as well as wakes and catered business meetings. The two restaurateurs particularly enjoy organising small weddings, offering the opportunity to personally design a wedding menu, making the perfect day even more special.

Whether you're planning a staff party, family meal or a "get together" with friends, The Bow Window offers unbelievable value for a restaurant of this calibre.

For further information contact James or Simon at:

The Bow Window, 6 High Street, Ramsey, PE26 1AE

Tel: 01487 812 945

Mobile: 07722 415 783

or email: bow1936@gmail.com



## THE BOW WINDOW

One of the leading restaurants in Cambridgeshire



Excellent Value  
Midweek Menu

Sunday lunches,  
Steak night every Thursday,  
Fully licensed bar  
and full a La Carte menu.

OPENING HOURS :  
TUESDAY-SATURDAY EVENINGS  
from 7PM  
LAST SUNDAY OF EACH MONTH  
12PM-2.30PM



6 High Street, Ramsey PE26 1AE

Tel: 01487 812945

[www.bow-window.co.uk](http://www.bow-window.co.uk)

email [bow1936@gmail.com](mailto:bow1936@gmail.com)



## Each month, members of the Ramsey U3A will write about one of the many activities on offer.

August's contribution comes from Gill Dower, Group Co-ordinator of the U3A Knit and Natter Group.

If you are not familiar with U3A you may well have the wrong impression of what it's all about. University of the Third Age - to give its full title - sounds stuffy and serious. However, because an incorrect impression is caused by this title, the "powers to be" have developed a new, up-to-date slogan - LEARN, LAUGH AND LIVE - which is a far better description of the groups offered at the Ramsey U3A, especially my group of lively, enthusiastic and noisy knitters!

### NOISY KNITTERS

The group has been running for nearly two years, meeting twice a month. Our numbers fluctuate but the noise level remains the same - extremely high! Laughing, talking and knitting in great company is a marvellous tonic apart from the fact that we are indulging in a favourite craft activity. Our members, whether knitters or crocheters, or indeed both, are all very talented and willing to share their knowledge and ideas (not to mention their yarn, needles and patterns) with each other.

Even members who joined with little or no knitting experience are now proficient and able to produce all manner of finished items; something they had thought they were incapable of twelve months ago.

My lovely ladies are not just a group of dotty old biddies with their needles clacking, they are a generous, caring and enthusiastic group who apply themselves wholeheartedly to the charitable causes we support. They willingly put their hands into their pockets for yarn and are happily using their skills to benefit people both in the UK and overseas, while at the same time doing something they enjoy.



## KNIT ONE, SLIP ONE, DROP ONE, PURL ONE

### KNITTING FOR CHARITY

Perhaps some of you reading this may have seen the 'yarnbombing' we undertook for the Ramsey U3A Open Day in April this year. All the knitting on display both in the Community Centre garden and through the town have been, or will be, distributed to various charitable organisations.

We had great fun creating a mammoth 600 mini hats for the Big Knit 2014, helping to raise funds for Age UK's Spread the Warmth campaign. This project has been running for years, with retailers donating 25p for each bottle of Innocent Smoothie purchased

wearing a hat. 2013 was the tenth anniversary of the Big Knit and over one million hats were sold. The hats were due to appear in selected stores during February this year and by the middle of January 862,763 mini hats had been received.

The basic hats are very quick to make and only use a small amount of yarn, enabling us to use all our odds and ends, and since the 2003 launch in excess of £1.5 million has been raised. If anyone reading this has bags of yarn oddments they would like to donate, or would like to knit their own mini hats, all the information is online, or we U3A knitters can help.

However, the most popular charity we support is knitting for the Norfolk and Norwich Hospital Premature Baby Unit by knitting small, simple (non-lacey) blankets (approximately 20 inches square), tiny hats and snuggle squares in soft acrylic yarn.

Snuggle 'squares' are actually triangles, needed in pairs. One is for the baby in its incubator and one for the parents. By wearing them next to their skin and then swapping the two over, the baby is able to begin the bonding with its absent parents by their scent.

The hospital use more than 100 hats and blankets each month, and have recently made an appeal in their local paper for more blankets, so we are about to send off our second batch. Our first was delivered to the hospital last year by one of our group, and we have been knitting more ever since. We intend to support this charity on an ongoing basis, along with others.

We also produced poppies for last year's WW1 100th anniversary celebrations, the proceeds from the sale of these went to Royal British Legion and Help the Heroes.

### KNITTING ON THE INCREASE

There are currently in excess of 7.2 million knitters in the UK, and its popularity is on the increase again. (Apparently one of the most popular online searches over the last few years has been 'how to knit'.) Many of these knitters are male, some of whom have been introduced to knitting as part of their convalescence from illness or surgery, and its widely known that knitting has therapeutic benefits and can help in reducing stress.

I hope you found this introduction to one of Ramsey U3A's Interest Groups informative and entertaining, and maybe even encouraging, especially to those male knitters out there to come along and join us!

# Holiday and long term absence

Holiday entitlement while you are at work is one thing, but how much do you know about holiday accrual and taking holiday for those who are on long term absence of some kind? Here's my handy guide to long term absence and holiday.

### Family Leave

If you are an employee on maternity leave, paternity leave, adoption leave or the new shared parental leave coming in for babies due from April 2015 you continue to benefit from the usual terms and conditions throughout your leave, which includes all contractual paid holiday.

If you are normally required to take particular days off (such as bank holidays or Christmas shutdowns), you accrue these along with standard annual leave and take them at another time.

You should be encouraged to take as much holiday leave before going on long term family leave. Women especially



might find this an easy way to start their maternity leave a bit earlier.

This reduces the amount of holiday you have to take when you return (which if you take up to a year off, could be a significant amount).

Employers can apply normal carry-over rules to holiday accrued during family leave, however if someone takes a year or nearly a year off on family leave, it may not be physically possible for him/her to take all their holiday in that holiday year, so it is advisable to allow more carry-over if necessary.

### Long term sickness absence

There has been an awful lot of back and forth case law about this, but the position at the moment is that you continue to accrue statutory annual leave entitlement during long term sickness absence.

If you are unable to take it because you are off sick, regardless of the company's normal carry-over rules, holiday can be carried over. However this only applies to the four weeks minimum specified by the (European) Working Time Directive, not to the additional 1.6 weeks granted by the (UK specific) Working Time Regulations. Sabbaticals or other periods of unpaid leave

There is no entitlement to accrue holiday during these types of leave, however it is sensible for employers to ensure this position is clear upfront, either in a policy, a letter or agreement.



If you are an employer and need more help and advice please contact me [dawn.cross@face2faceHR.com](mailto:dawn.cross@face2faceHR.com)

Or if you are an employee please go to ACAS website for more information.





IMPRESSIONS FITNESS SUITE offers comprehensive, state of the art, gym and fitness training facilities and is located in the heart of Ramsey at One Leisure next to the Abbey College.

The fitness suite can be used after paying a one-off joining fee of £15, (half price in Summer 2015) which includes a full induction appointment with a trained fitness consultant, who will advise members on a one-to-one basis, taking into account any pre-existent medical issues where necessary, to create an individually tailored programme of gym activities designed to help achieve your goals.

The induction session includes a TechnoGym Wellness Key worth £12.50 and provides full guidance on how to use the wide variety of equipment on offer at Impressions, which boasts a full range of the very latest Technogym cardiovascular equipment, including step machines, cross trainers, treadmills and exercise bikes. A particularly recent cardiovascular innovation at the fitness suite are the Trixters, a pair of linked interactive exercise bikes with video features, offering the opportunity for two people to exercise simultaneously – ideal for racing and competitive training. Current fitness advice recommends a mixture of cardiovascular and resistance exercise and to this end, as well as free weights, a wide array of TechnoGym resistance equipment is available, including the suite's most recent acquisition, the new "Smith" machine, which was invested in after requests from customers, and which enables weights to be lifted safely.

In addition to the extensive range of TechnoGym equipment, Impressions also offers rowing machines by brand leaders Concept 2 and use of the fitness suite's Powerplate, designed to tone various parts of the body using vibration technology, is included within the membership fee.

Finally, a generous soft-mat area is given over to stretching exercises and is furnished with a large selection of swiss balls and kettlebells for core muscle training.

## ONE LEISURE RAMSEY IMPRESSIONS FITNESS SUITE

Professional advice regarding the correct use of all fitness equipment is available on a continuing basis at the fitness suite.

### TECHNOLOGY

Impressions Fitness Suite offers all of the latest technological developments; in addition to the TechnoGym Wellness key, which is encoded with data from their personal profile and digitally linked to a Wellness Cloud, offering a whole bank of different fitness regimes, the equipment also interfaces with smartphones.

Each fitness machine is also equipped with its own individual television monitor with a wide choice of television and radio channels to watch whilst exercising.

### FRIENDLY & ACCESSIBLE

One Leisure is not a gym full of hardened professional bodybuilders, but rather is a very friendly centre which aims to be accessible to people of all ages and fitness levels.

Young adults can use the gym under parental supervision between the ages of 11 and 13, with those aged 14 or over being able to use the gym unsupervised before 4.30pm on weekdays and at any time during the weekends.

To enable parents of young children to use the facilities regularly, a crèche is available offering childcare for a maximum duration of 2 hours at any one time. A pass for 20 x 30 minute sessions can be purchased for £25, effectively providing childcare at the setting for £2.50 an hour.

### SPECIAL OFFER: 23RD JULY – 30TH AUGUST

There are a wide variety of different membership options on offer at One Leisure, and with the current three months free

membership promotion, which runs from 23rd July to 30th August, 2015, the "Solo" gym membership starts from as little as from £19.95 per month, with "Aqua" swimming memberships available from as little as £16.60 per month.

The all-inclusive "Premier" package, which includes gym, swimming and fitness classes at all five One Leisure sites starts from as little as £26.60 per month under this promotion. Further details of this and all membership options are available from all One Leisure centres.



## COMPETITION

### Win 2 x 3 Month "Solo" Gym Memberships

This month, One Leisure Ramsey has teamed up with the Ramsey and Warboys Reporter to offer a pair of 3 month "Solo" memberships to Impressions Fitness Suite. To be in with a chance to win this fantastic fitness kick-start for two, you just need to answer to the following question:

**Which is the main brand of cardiovascular fitness equipment installed at the Impressions Fitness Suite?**

### installed at the Impressions Fitness Suite?

Entries must be received by 5pm on Monday 24th August, 2015. The winner will be drawn at random from all correct entries received and announced in the September edition of the Ramsey and Warboys Reporter.

Which is the main brand of cardiovascular fitness equipment installed at the Impressions Fitness Suite?

Answer: \_\_\_\_\_

Name: \_\_\_\_\_

Contact Telephone no: \_\_\_\_\_

Answers should be emailed along with your name and contact details to [info@ramseyand-warboysreporter.co.uk](mailto:info@ramseyand-warboysreporter.co.uk) marking the subject line "One Leisure Competition". Postal entries should be sent to: The Ramsey and Warboys Reporter, 220 Oilmills Rd, Ramsey Mereside, Huntingdon, Cambs PE26 2UA to arrive no later than Monday 24th August 2015.

### FUTURE ISSUES

Next month, the Reporter's editorial writer starts a three month gym membership courtesy of One Leisure. Read how she gets on in "Jaye's Journey".



# Summer Fun

## at One Leisure Ramsey

Advance  
booking is  
required



### Xtreme Soccer: Zorb Balls (7 to 15 years)

Friday 31st July  
1.00pm to 2.00pm or 2.00pm to 3.00pm

### Roller Skating (all ages)

Friday 31st July 3.45pm to 4.45pm

### Family Circuits (9 to 14 years & parents)

Saturday 1st August 9.00am to 10.00am

### Beach Arts & Crafts (4 to 8 years)

Monday 3rd August 1.30pm to 3.00pm

### Boot Camp (11 to 15 years)

Tuesday 4th August 2.00pm to 3.00pm

### Ex-Bike (10 to 15 years)

Tuesday 4th August 1.00pm to 2.00pm

### Street Dance (8 to 10 years)

Tuesday 4th August 3.00pm to 4.00pm

### Little Monkeys Funhouse (under 6's)

Wednesday 5th August 9.30am to 11.00am

### Football Tekkers (7 to 10 years)

Thursday 6th August 1.00pm to 2.00pm

### Football Skills (7 to 10 years)

Friday 7th August 1.00pm to 2.00pm

### Roller Skating (all ages)

Friday 7th August 3.45pm to 4.45pm

### Family Circuits (9 to 14 years & parents)

Saturday 8th August 9.00am to 10.00am

### Mad Science: To Infinity & Beyond (4 to 11 yrs)

Monday 10th August 2.15pm to 3.15pm

### Inter Triathlon (11 to 15 years)

Tuesday 11th August 9.00am to 10.30am

### Ex-Bike (10 to 15 years)

Tuesday 11th August 1.00pm to 2.00pm

### Little Monkeys Funhouse (under 6's)

Wednesday 12th August 9.30am to 11.00am

### Super Hero Arts & Crafts (4 to 10 years)

Wednesday 12th August 1.30pm to 3.00pm

### Jewellery Making (4 to 9 years)

Thursday 13th August 1.00pm to 2.30pm

### Smash-Up Badminton (11 to 15 years)

Friday 14th August 2.00pm to 3.00pm

### Roller Skating (all ages)

Friday 14th August 3.45pm to 4.45pm

### Family Circuits (9 to 14 years & parents)

Saturday 15th August 9.00am to 10.00am

### Swimming Crash Course (3+ years)

Monday 17th August to Friday 21st August (5 day course)  
STEP 3 - 9.00am to 9.30am  
STEP 4 - 9.30am to 10.00am

### Ex-Bike (10 to 15 years)

Tuesday 18th August 1.00pm to 2.00pm

### Little Monkeys Funhouse (under 6's)

Wednesday 19th August 9.30am to 11.00am

### Smash-Up Badminton (11 to 15 years)

Wednesday 19th August 2.00pm to 3.00pm

### Xtreme Soccer: Zorb Balls (7 to 15 years)

Thursday 20th August  
1.00pm to 2.00pm or 2.00pm to 3.00pm

### Football Fun Day (7 to 10 years)

Friday 21st August  
9.00am to 12.00pm

### Roller Skating (all ages)

Friday 21st August 3.45pm to 4.45pm

### Family Circuits (9 to 14 years & parents)

Saturday 22nd August 9.00am to 10.00am

### Nerf Wars (5 to 10 years)

Monday 24th August 2.00pm to 3.00pm

### Ex-Bike (10 to 15 years)

Tuesday 25th August 1.00pm to 2.00pm

### Street Dance (8 to 10 years)

Tuesday 25th August 3.00pm to 4.00pm

### Little Monkeys Funhouse (under 6's)

Wednesday 26th August 9.30am to 11.00am

### Badminton (8 to 11 years)

Wednesday 26th August 2.00pm to 3.00pm

### Build a Bear: Monkey (4 to 9 years)

Thursday 27th August 2.00pm to 3.30pm

### Mad Science: Glorious Gloop (4 to 11 years)

Friday 28th August 1.00pm to 2.00pm

### Mad Science: Epic Explosions (4 to 11 years)

Friday 28th August 2.15pm to 3.15pm

### Roller Skating (all ages)

Friday 28th August 3.45pm to 4.45pm

### Run-around Games (4 to 8 years)

Tuesday 1st September 1.00pm to 2.00pm

### Little Monkeys Funhouse (under 6's)

Wednesday 2nd September 9.30am to 11.00am

## Soccer for Six!

During the summer holidays, under 16's can hire the outdoor synthetic pitches at One Leisure for **only £6.00** per hour!

**£6**  
per hour

These pitches have the perfect surface to play football, so why not get a group of friends together and share the cost between you?

**Monday to Friday from Thursday 23rd July to Wednesday 2nd September (closed on Monday 31st August)**

**9.00am to 5.00pm**

Book up to 7 days in advance with a One Card subject to availability).

• Not available for clubs or coaching sessions



For more information  
pick up a copy of  
**Summer Fun** from  
One Leisure Ramsey  
or any primary school

**Oneleisure**  
RAMSEY

Abbey Road, Ramsey, Cambridgeshire PE26 1DP  
Tel: **01480 387900** [www.oneleisure.net](http://www.oneleisure.net)



# NEW DEVELOPMENTS AT RAMSEY PHYSIOTHERAPY & SPORTS INJURY CLINIC

A private clinic specialising in the treatment of musculoskeletal problems and sports injuries, Ramsey Physiotherapy & Sports Injury Clinic operates from the tranquil surroundings of the Old Nene Golf and Country Club, Muchwood Lane, Ramsey.

The clinic offers a variety of treatments including physiotherapy for a wide variety of injuries, sports massage, acupuncture and Pilates.

Selway, Camilla Pedley and Alex Goude. Amy has extensive experience in rehabilitation and has already developed excellent relationships with a number of local sports clubs.

## Recent Developments

Following the celebration of their first anniversary in February 2015, the clinic has expanded to open a second treatment room and is now open five days a week (Tuesday – Saturday,) also extending its hours to include evening appointments on Tuesdays. The clinic has also recently welcomed new practitioner, Amy Course, to complement the existing team of chartered and state registered physiotherapists, Bethany Peckham, Emma



## Exceptional Standards

Ramsey Physiotherapy Clinic is committed to providing exceptional standards of care through a range of treatment options specifically selected dependent on your needs and requirements. The clinic is recognised by all major insurance companies including BUPA, AXA, PPP as well as other major healthcare providers. In addition, they have secured contracts with local industries such as Royal Mail, Anglian Water and HMP Whitmoor, helping employees get back on

track if they have suffered an injury which affects their ability to work properly.

## Pilates & Yoga

Pilates classes are aimed at conditioning and strengthening the body and improving flexibility and all of the practitioners have a dual physiotherapy and Pilates instruction qualification, which makes them highly specialised in Pilates instruction and injury management. This guarantees that classes, which are taught to the highest possible standards, are accessible to all ages, including those with injuries. Group classes are kept to a maximum of 7 participants to ensure



the provision of quality, individual attention. The clinic is currently taking names for a waiting list for a new Tuesday morning Pilates class and is also soon to offer yoga classes.

## Acupuncture for Physical Wellbeing

Acupuncture can be offered as a complimentary treatment to your physiotherapy plan, or as a dedicated treatment in its own right. An ever growing body of evidence supports the effectiveness of acupuncture in treating a variety of conditions and a combination of both physiotherapy and acupuncture is now widely accepted within both the NHS and private practice.



**Ramsey**  
**PHYSIOTHERAPY**  
& Sports Injury Clinic

[www.ramseyphysiotherapy.co.uk](http://www.ramseyphysiotherapy.co.uk)

01487 253101

Back & Neck Pain

Sprains & Strains

Sports Injuries

Joint Pain

Chartered State registered physiotherapists. All physiotherapists are fully DBS (formerly CRB) checked.

Assessment  
and Treatment

1 hour

£43

Follow up  
Treatments

£33

Acupuncture  
Treatment

£33

Massage  
Treatment

from

£23

Pilates  
Classes

6 week course

£48

Accepted by all major insurance companies including BUPA, AXA PPP, Simply Health, Aviva, Benedon

/RamseyPhysiotherapyClinic

@RamseyPhysio

t. 01487 253101 | e. physio@ramseyphysiotherapy.co.uk

Ramsey Physiotherapy & Sports Injury Clinic  
 The Old Nene Golf Club | Muchwood Lane | Bodsey | Ramsey | PE26 2XQ

## Going the extra mile

Ramsey Physiotherapy & Sports Injury Clinic offers 50% longer appointments than many similar settings, with hour long initial appointments and 45 minute follow ups. In addition to their existing sports and clinical massage appointments, the clinic staff are also qualified to offer enhanced Sports massage – a much deeper penetrating form of treatment.

## Customer Recommendations

The clinic's team of friendly physiotherapists are committed to helping clients back to health and have received a number of endorsements from satisfied clients:

"The service is professional and confidential. The staff are very knowledgeable and hands-on"  
 "I cannot recommend Ramsey Physiotherapy Clinic enough, having suffered years of pain, and seen many professionals including doctors and consultants. The physiotherapists at Ramsey clinic have resolved my pain and changed my life"

The clinic operates from the Old Nene Golf and Country Club in Ramsey, Cambridgeshire PE26 2XQ.

Parking for both disabled and able bodied clients is available directly at the front of the club house and the clinic is wheelchair accessible.

Telephone 01487 253 101

Email: [physio@ramseyphysiotherapy.co.uk](mailto:physio@ramseyphysiotherapy.co.uk)  
[www.ramseyphysiotherapy.co.uk](http://www.ramseyphysiotherapy.co.uk)



# How we see where we live

Ann Cuthbert, Ramsey's Promotions Officer

The Promoting Ramsey Project is developing a brand that should reflect what makes the town and the villages unique as well as being suitable as a logo for promoting the area as a place to visit. So we are working towards putting Ramsey on the map and here is the first step! I have ideas about what makes Ramsey and the villages special but it's not just my ideas that

count. So I have talked to over 200 people of all ages who live in or are visiting Ramsey and asked them all about the town and how they feel about it. I have made sure that the sample reflects the area's demographics in terms of age and have included businesses, heritage groups and, of course, people like you and me who live here.

## How people responded to questions on the "personality" of Ramsey

unique **abbeygreen** wildlife  
horsepond **ruralmuseum** quiet  
**fenland** **fens** oldfashioned  
golf **flat** **abbey** **greatfen**  
families **historical** **school**  
**walledgarden** **friendly** **rural** **1940s**  
walking **agricultural** **skies**  
monks **quaint** **markettown** **lordderamsey**  
**fortyootdrain**  
**windfarms**



From this starting point we are working on a huge online "mood board" to which you can contribute by emailing me. Your opinions are valued and your insight as residents of the area makes you best placed to have a rich understanding of what Ramsey has to offer. All the findings will be fed into the creative process for a brand and logo for Ramsey and

the villages and it's important that you have the chance to have your say!

So, if you would like to contribute, please email me your images, videos or even just your thoughts on Ramsey and the villages to [promotingramsey@gmail.com](mailto:promotingramsey@gmail.com)



**Johnny Coppin & Mike Silver**  
(with support from Cup O'Joe)  
Thursday 10th September at 7.30pm  
Tickets: £12.50

**Johnny Coppin** performed his wonderful Christmas show at UVH in December 2013 and it is great to have him back again in Upwood. This time he is playing a rare collaboration with Mike Silver, an excellent singer/songwriter in his own right. Their voices and instruments blend effortlessly together to produce music from the soul, delivered with powerful conviction in the truest sense of that word.

Last year Johnny released his latest CD, *Borderland*, to critical acclaim from the acoustic music press: "arguably the clearest, loveliest and most soothing male vocal in the world of British folk music." Mike's voice could be easily mistaken for that of his namesake, Michael Carrick; he has played festivals, clubs and arts centres all over Europe and released a good number of albums in the process.

**Cup O'Joe** comprises three siblings, Benjamin, Reuben and Tabitha Agnew from Armagh, N. Ireland, who play an energetic style of Bluegrass & Gypsy Jazz music. They were finalists in the Radio 2 Young Folk Award 2015 and are currently only able to make the occasional visit to England as Tabitha, aged 16, is still at school. Nonetheless she is making a name for herself as

## UPWOOD PERFORMING ARTS EVENTS

by DOUG MCLEOD

Upwood Village Hall is now in its 7th year of putting on high quality performing arts events. Originally staging shows as part of the much missed Arts in Cambs on Tour scheme the hall decided to "go it alone" once the local district councils, including Huntingdonshire District Council, withdrew their financial support for the rural touring scheme.

Any profits made from tickets sales are minimal but wonderfully generous support of the raffles has enabled the hall to purchase a full PA system for artistes to use as well as modern LED stage lighting for shows and black background drapes. For plays etc. the hall is able to provide a complete theatrical experience with tiered seating for the audience and a professional quality demountable stage with stage lighting.

The Autumn 2015 Programme boasts a great line-up of top acts from the acoustic music scene along with a welcome return from actor, Nicholas Collett, who will performing another of his self-penned one man plays. Tickets are now on sale (and selling fast) for the following:-



**Cup O'Joe**

a brilliant banjo and fiddle player as well as an excellent vocalist. Reuben plays lightning-fast guitar and mandolin whilst oldest sibling, Benjamin, plays double bass. What a talented family.

**Box Office:**  
**01487 814114**  
**[pndmcleod@btinternet.com](mailto:pndmcleod@btinternet.com)**



**Melrose Quartet**

Thursday 15th October at 7.45pm  
Tickets: £12.50

We are delighted to welcome Nancy Kerr, winner of the prestigious Radio 2 Folk Singer of the Year Award 2015, as part of Melrose Quartet. Glorious four-part harmony singing combines with crunchy twin fiddles, full-bodied melodeon and powerful bouzouki in a set that will leave your heart singing and your feet tapping.

### Nicholas Collett

performs "Nelson, A Sailor's Story"  
Thursday 12th  
November at 7.45pm  
Tickets: £10.00

Amidst the shot, smoke and din of battle, a surgeon, a midshipman, a gunner and a powder monkey aboard HMS Victory strive to destroy the Combined Fleet of France and Spain. A welcome return to UVH following his brilliant one-man performance in Spitfire Solo in 2012.



**Chris Newman & Maire Ni Chathasaigh**  
Celtic Christmas Strings

Thursday 10th December at 7.45pm  
Tickets: £14.00

There's something magical about harps at any time, and particularly at Christmas. Maire and Chris' alchemy on harp and guitar create a very special magic, perfect for the festive season. Their new show features a breath-taking blend of traditional Irish music, swing jazz and bluegrass, with festive favourites given a fresh voice with intricate, inventive and beautiful arrangements.



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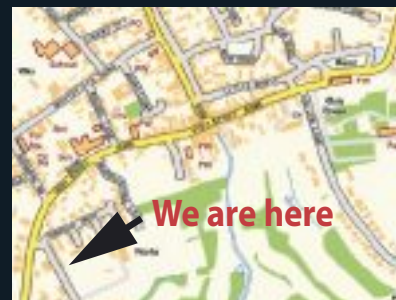
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## Rothchilds Challenge 27th June. Blisters Galore!

This walk of over 39 miles attracted 22 walkers including volunteers from the Great Fen, The Wildlife Trust Hunts Local Group and a team from the National Trust at Wicken Fen. They started the walk at 6am from Wicken Fen and arrived at the Rothschild Bungalow at Woodwalton Fen, Ramsey Heights just after 8pm. Over £2000 has been raised for the Great Fen so far. Andrew Cuthbert from the Great

Fen Local Group, who initiated this challenge was delighted with the day and how quickly everyone managed to complete the gruelling 39 miles, in what at times was very hot sunny conditions. It is hoped that this will become an annual event, but at the time of leaving the bungalow, with blisters raw and feet swollen no-one was ready to sign up there and then. But they will be back!



## Commemorating VE Day on the Great Fen with Holme School with a Boogie Woogie Piggy!

The Great Fen Team recently worked with Holme CE Primary School to gather wartime memories from local residents in Holme village. This has been a project to commemorate VE Day as part of the 70 year anniversary and also is a vital part of our Great Fen heritage programme with the local communities. The children interviewed residents from the village and were told some interesting tales! One about the time when the children were told that Hitler had crash landed in the village and they went to capture him! On Wednesday 10th June, A VE celebration tea party was held in the school hall which had been festooned with union jack bunting made by the children. Wartime artefacts kindly loaned from Ramsey Rural Museum were on display and provided a good talking point. The children sang two renditions of Run Rabbit Run complete with all

the actions and then a fabulous dance demonstration of the Boogie Woogie Piggy which went down so well that the children were asked to do it again. The children all waved their union jacks and the hall was full of laughter and then when the children left they each took away their very own VE cup cake. The ladies from the Holme WI then helped served the tea and cake and the Great Fen team chatted to the guests and collected more memories. It was a lovely afternoon and had been really well received by everybody. Louise Rackham Great Fen Education and Community Manager said "The project has been a great example of cross generational work where people of different ages can come together locally to share and learn from and with each other. I would like to thank everyone who helped us, especially the children who were delightful"



## Little Bugs Celebration Day

**"I went to the Fen today... and what did I see?"**

The fen was alive with the sound of laughter and fun last week when over 50 children attended a celebration day at the Wildlife Trust Countryside Centre, Ramsey Heights. They all enjoyed a special trail visit collecting envelopes with secret animal cards inside and then singing "I went to the fen today and what did I see"

They also made nature crowns, pond dipping and took part in crafts and fun activities. The rain almost held off until the very end but the children sheltered in tents and covers and it didn't spoil a thing. The final part was to enjoy a picnic with everyone hungry after the mornings fun. Mandy Corney who organised the event with the Great Fen Team said "It's so important to get these little ones involved and interested in nature, after all they are the custodians of the

future who will continue the work we are doing in creating this amazing living landscape" "It was lovely to see so many little ones, all enchanted with what they were discovering. Ramsey pre-school children came along and were treated to a bus ride with the Community Bus. It made it a very special treat for them to come here and they loved it. Other families just hadn't realised how close to Ramsey we were and so many want to come back again"

A Little Bugs regular club is being set up from September and there is already a waiting list for spaces. More information see [www.greatfen.org.uk](http://www.greatfen.org.uk)

The Great Fen team would like to thank everyone who came along and supported the day and from the support also of the Ramsey Millions Partnership and the Community Bus.



### Wildlife Wednesdays

**Drop-in to the Wildlife Trust Countryside Centre and enjoy an array of self guided indoor and outdoor activities.**

**Why not bring a picnic to enjoy!**

**Date:** Wednesday 5th, 12th, 19th, 26th August

**Time:** 1.00pm - 3.30pm

**Venue:** The Wildlife Trust Countryside Centre, Ramsey Heights, PE26 2RS

**Fee:** £2.50 per person or £6 per family (4 people)

For more information please see [www.greatfen.org.uk](http://www.greatfen.org.uk) or email [info@greatfen.org.uk](mailto:info@greatfen.org.uk)








Photography by Cariad Photography



## RAMSEY COLTS TOM JONES MEMORIAL FUN DAY

Tom Jones was one of the original members of Ramsey Colts when it formed in 1995, Tom was a playing member of the U17 squad when he was killed in April 2005 shortly afterwards the U17's played in a memorial match against the U18's at the time. Tom's shirt was framed and still remains in the clubhouse, with a memorial being built in his memory. Ten years on both squads returned to play again in a memorial match, with a full turn out and players returning from London, Bristol and various other locations, proving that Tom will never be forgotten and with the aim of helping raise funds to cover expenses in moving the memorial and



Colts to the new field. The event was opened by Ramsey Mayor Adela Costello with Chris and Lynda Jones at 12pm, where there were activities for all from raffles, tombolas, face painting and refreshments. Stocks proved popular with a chance for players and parents to get their own back on the managers! Xtreme Soccer and One leisure offered people a chance of trying the zorbs and lasers. Prior to the match starting at 3pm between the now U27 v U28 Chris Jones took to the centre to flip the coin with the team captains and officials using the same coin that was used in the memorial match ten years ago! The match was played in good spirit with some of the players not having

played competitive football since they left the Colts! However with fantastic support shown by the numbers on the side lines, the crowd were entertained by a competitive game of football of which the U27's were the victors, despite the U28 taking the lead with a Dan Edwards goal. Adam Rothery hit the equaliser top make things even at half time. Both teams came out in the second half which saw further goals with Adam Rothery notching a second, backed up with one a piece from Michael Cook and Steve Ankers for the U27's. Whilst Mark Boucher and Michael Mead were on target for the U28's it wasn't enough and the U27's took a 4-3 victory.



Ramsey Colts would like to take this opportunity to thank all the local businesses that supported us with donations, raffle and tombola prizes, with thanks to the Colts committee, managers and parents for helping to set up and run events on the day, without this the day would not have been as successful as it was. Special thanks go to the team that organised the events activities: Sally Rothery, Jane Pettitt, Joanne Rose and Laura Holmes. We raised an amazing £1622 towards expenses of moving to a new field which will also be used to obtain a new sign for the newly named field "Tom Jones Memorial Field".

It was a great day; the weather was perfect - a good attendance with a fantastic atmosphere bringing old and new members together.







## SPORT AND FITNESS



*The nervy opening shot*

Ramsey resident Steve Lovell made his international debut at the recent fifth running of the World Adventure Golf Masters in Hastings, East Sussex, finishing in a very creditable ninth place in a field littered

# WORLD ADVENTURE GOLF MASTERS



*Group photo of Great Britain II. Scott Lancelley, Tony Kelly, Steve Lovell, Sean Homer*

with some of the best putters on the planet. Lovell, 41, had been understandably nervous before teeing off alongside his German and Swedish opponents but soon settled, making a total of forty six holes in one over the seven round, two day event.

"I have to say waiting around to start was a bit intimidating, seeing a number of other competitors making very good openings," said Steve, "but as soon as I got under way, making some holes in one, I relaxed. We're not used to playing in front of crowds or



*Tackling the tricky seventh*

television cameras so that took a bit of adjustment. However, wearing the Great Britain kit inspired me and I am delighted that I didn't let my country down." Steve recorded a personal best of 28 in round number five, which included eight aces. "This was the best I have played in a tournament and I was delighted to only drop shots at three holes. Hopefully it will give me confidence to kick on from here and be selected for further events."

Steve can be seen at the opening of the new mini golf course at Dobbies Garden Centre in Peterborough on August 1st from 11am. *Photographs - All courtesy of the BMGA and Marion Homer*



## XTREME EVENTS SPONSOR GIRLS FOOTBALL

Ramsey based Xtreme Events have kindly offered sponsorship to the Ramsey Colts Girls U12 team for the 2015/16 Season. Alex Buckle, who coaches the U12 girls' team, told us that their generous support has enabled the team to purchase new kits. The U12s, who play in the Cams

FA S-Tech League train on Thursday evenings from 7-8pm at Krisfields, Ramsey. The coaching team, headed by Alex Buckle and assisted by Tony Edmeads currently trains 12 girls and they are looking to recruit more girls between the ages of 10 - 13 to play football.

For further information, please contact Alex Buckle on 07730 533469 or visit their facebook page: [www.facebook.com/pages/Ramsey-Colts-FC-Girls-U12s](https://www.facebook.com/pages/Ramsey-Colts-FC-Girls-U12s).







## SPORT AND FITNESS



Ramsey Rockets celebrate their victory at the Green Wheel Relay

### RAMSEY ROCKET TO VICTORY

A team of Ramsey Road Runners took a surprise overall victory at the Green Wheel Relay on June 21st. Many were expecting the Peterborough based athletics club Nene Valley Harriers to take the top prize but the "Ramsey Rockets" team of Darren Paine, Neil Hewson, Shaun Walton, Steve Hall, Simon Mead, Andrew Brett and Steve Burton took the victory by 2 minutes. The race starts at Peterborough Athletics track and follows a route around the outskirts of Peterborough on the Green Wheel cycle track. The 50 mile course is split into 7 stages and each of the Ramsey Rockets team performed very well their individual stages with victories for Shaun Walton on Stage 3 from Newborough to Etton and Andrew Brett on Stage 6 from Norman Cross to Stanground. Shaun said: "I was over the moon to win my stage, there was a strong headwind for most of the route so I couldn't get up to the pace I would have liked. Everyone in the team ran so well and it was great to take the top prize." The Rockets completed the event in a time of 5 hours, 5 minutes and 58 seconds which is an average pace of 6 minutes 9 seconds per mile. Team

captain Darren Paine was not surprised by the win: "We have so much talent at our club. For such a small town to be able to beat a big city athletics club is amazing. Everyone pushed so hard on their stage, in the build up to the race I was trying to keep everyone positive and that combined with the training has really paid off."

Ramsey also had a ladies team "Ramsey Atlanta" who finished 2nd in the Senior Female category. Michelle Brett ran stages 1 and 2 after a late injury withdrawal for the team meant they were a member down. Sian White, Amanda Rossiter, Helen McLean, Caroline Tiller and Claire Hewson completed the team with Amanda and Caroline making their competitive club debuts. Ramsey's second male team the "Striders" finished 4th in their category with Eddie Barrett, Martin Kirk, Dave Philpot, Rob White, Gavin Stokes, Steve Lawson and Richard Stone getting round in 6hrs 25mins 54secs. Steve said: "The relays are a great way of bringing everyone at the club together. Most of the clubs runners will follow the race round and support each other."

### TOP ATHLETES RUN THE RAMSEY ABBEY 10K



The start of the Abbey 10k

There was a high class field at this year's Abbey 10k hosted by Ramsey Road Runners on June 28th, with Women's GB Cross Country runner Felicity Milton smashing the ladies course record in 35:58. Felicity is based in Germany but was in the country for a few days and was recommended to run the race by last year's winner Aaron Scott. Even with heavy rain slowing the runners down on the off road sections, there were lots of fast times and personal bests throughout the field. The race was won by Steve Robinson of Peterborough AC in brilliant time of 32:44, followed by John Pike of Newham and Essex Beagles in 33:24 and local runner Paul Vernon who lives in Bury in 33:59. Philippa Taylor came 2nd in the ladies race in what would have been a new course record in a time of 37:16, Philippa has won the ladies race at the Abbey 10k 3 times in the past and is a former London Marathon age group winner. GB Triathlete Tracy McCartney came 3rd making a rare 10k appearance and managed to get a PB in a time of 39:03. One of the race organisers Eddie Barrett said: "It is great that our event is attracting some of the best athletes from the local area and

beyond, the standard at this year's race was particularly high."

The club was honoured to have the inspirational Rebecca Griffiths run the race. Rebecca's story of her fight against cancer is incredible and has she has formed a network of runners, Team Bex, which you may see about in their distinctive pink t-shirts. They have raised several thousand pounds so far for the Hunts Community Cancer Network and can often be seen at local races or Parkruns. They turned out in force for the Abbey 10k and to support Rebecca who finished in just over an hour.

If you would like to give the 10k a try next year it will be on Sunday 26th June with entries on sale in April. This year's event sold out of its initial allocation so make sure to get in early. You can find out more details on the clubs website [www.ramseyroadrunners.org.uk](http://www.ramseyroadrunners.org.uk). You have to be 15 and over to run the 10k but those younger or who aren't quite up to the 10k distance yet could try the 2.1km Fun Run. This year's winner was Callum Nicholson in 8:32 with Ramsey Road Runners own Olivia Mead winning the girls race in 9:36.



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Rebecca Griffiths crosses the finish line supported by Team Bex





## SPORT AND FITNESS

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### PARIS TO LONDON FOR RAF BENEVOLENT FUND

Warboys Church Warden, Sarah Bland, who works as a Phlebotomist and Healthcare Assistant at the village's Moat House Surgery will be joining her husband, Gerard Bland to take part in a Brompton bicycle challenge, cycling from Paris to London between 9th and 12th September 2015. This 4 day, 240 mile cycle ride is to mark the 75th Anniversary of the Battle of Britain and raise money for the RAF Benevolent Fund.

Sarah, who has lived in Warboys for almost a decade, has been associated with the Royal Air Force all of her life, firstly through

her father and now through her husband Gerard, who currently serves in the force. The couple are particularly proud Warboys residents, having chosen to live in the village specifically because of its special historical association with the Pathfinder Force.

Why not look out for Sarah training around the Warboys area on a small wheeled Brompton bicycle and give her some encouragement as she cycles past?

Sarah and Gerard need your help to raise £1000 each and would really appreciate sponsorship of any amount towards attaining this total. This can be donated directly by calling into the Moat House Surgery reception, or online via either of the couple's Just Giving page:

[www.justgiving.com/SarahEBland](http://www.justgiving.com/SarahEBland)  
or text SBBF75 and the amount to 70070

[www.justgiving.com/GerardJBland](http://www.justgiving.com/GerardJBland)  
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